

# Blue Belt

Listed below are the tasks students will be responsible for demonstrating when they test for their next rank. At the junior levels, they will receive stars on their belts to chart their progress. Stars will be awarded when students can demonstrate the material competently without the assistance of an instructor.



## Yellow Star

### Personal Safety

*Defending against grabs using an appropriate level of control versus taking your space*

- 2 Advanced Techniques

### Partnering Skills

*Effectively and respectfully practicing combinations with a partner without making contact and responding appropriately to their partner's techniques*

- 5, 8, & 9 Combinations



## Blue Star

### Combinations

*Demonstrating increased coordination, balance, and core strength through more complex patterns of movement including multiple kicking sets*

- 8 Combination
- 9 Combination

### Supplemental Skills

*Shaolin Kung Fu techniques that demonstrate the energies and characteristics of the five animals*

- Crane Technique



## Red Star

### Forms

*Properly perform Pinan and Kata with an emphasis on coordination and balance. Integrate strikes and kicks effectively*

- 1 Kata



## Black Star

### Cumulative Review

*Students are expected to perform required material from all previous ranks in a way that demonstrates a level of growth and effort as they advance from belt to belt*

### Mechanics

*Demonstrating the foundational skills of the art with effectiveness appropriate to their rank*

#### Strikes

- Driving Knife
- Spear Hand
- Ridge Hand
- Back Fist
- Roundhouse Elbow

#### Kicks

- Hook Kick
- Flip Kick

## Colors of Character



### Green Bar

List examples of the Three Rules as practiced at school.

*Green sheets are available in the office and at [Villarismansfield.com](http://Villarismansfield.com).*



**Minimum Experience Points Required: 22**

**Rank Training Videos:** Email us at [TheTeam@Villarismansfield.com](mailto:TheTeam@Villarismansfield.com)