

White Belt		
Skill		Requirement
Discipline	Grey	Showing responsible behaviour, self-control and good listening
Punching	Brown	Jab, Cross (ducking in-between)
Balancing	Blue	Balance hold 10 seconds, Knee up to waist height
Kicking	Red	Front Kick / Pushing Kick, Hold for the seconds then kicking changing legs
Fitness	Green	10x Situps, 10x Ninja Press-ups
Leg Control	Purple	N/A
Combination Kicks	Orange	N/A
Board Breaking	Green & Yellow	N/A
Movement	Yellow	N/A
Sport Taekwondo	White	N/A

Yellow Stripe		
Skill		Requirement
Discipline	Grey	Showing responsible behaviour, self-control and good listening
Punching	Brown	Jab, Jab Cross (ducking in-between)
Balancing	Blue	Balance hold 20 seconds, Knee up to waist height
Kicking	Red	Angled Kick, Hold for the seconds then kicking changing legs
Fitness	Green	20x Situps, 20x Ninja Press-ups
Leg Control	Purple	Turning kick, Turning Kick, Turning Kick (head height)
Combination Kicks	Orange	N/A
Board Breaking	Green & Yellow	N/A
Movement	Yellow	N/A
Sport Taekwondo	White	N/A

Orange Stripe		
Skill		Requirement
Discipline	Grey	Showing responsible behaviour, self-control and good listening
Punching	Brown	Jab, Cross, Hook (ducking in-between)
Balancing	Blue	10x Front Kicks without putting foot down
Kicking	Red	Inward Crescent Kick
Fitness	Green	10x Floor Push-Ups and 10 Second Plank
Leg Control	Purple	Check, Check, Check (chest Height)
Combination Kicks	Orange	N/A
Board Breaking	Green & Yellow	Downward Hammerfist Strike
Movement	Yellow	N/A
Sport Taekwondo	White	N/A

Green Stripe		
Skill		Requirement
Discipline	Grey	Showing responsible behaviour, self-control and good listening
Punching	Brown	Jab, Jab, Uppercut (ducking in-between)
Balancing	Blue	20x Front Kicks without putting foot down
Kicking	Red	Axe Kick
Fitness	Green	20x Floor Push-Ups and 20 Second Plank
Leg Control	Purple	Check Kick, Turning Kick x10 times each leg
Combination Kicks	Orange	Check Kick, Check Kick, Front Leg Angle kick head height
Board Breaking	Green & Yellow	Axe Kick
Movement	Yellow	Shifting Forwards & Backwards in sport stance
Sport Taekwondo	White	N/A

Blue Stripe		
Skill		Requirement
Discipline	Grey	Showing responsible behaviour, self-control and good listening
Punching	Brown	Jab, Cross, Elbow (ducking in-between)
Balancing	Blue	30x Front Kicks without putting foot down
Kicking	Red	Side Kick + All Previous
Fitness	Green	10x Tuck Jumps and 10x Floor Tricep Press-ups
Leg Control	Purple	Check Kick, Check Kick, Turning Kick x10 times each leg

Combination Kicks	Orange	Check Kick, Check Kick, Front Leg Axe Kick
Board Breaking	Green & Yellow	Side Kick
Movement	Yellow	Shifting Forwards & Backwards   Stepping Forwards and backwards in sport stance
Sport Taekwondo	White	N/A

#### Purple Stripe

Skill		Requirement
Discipline	Grey	Showing responsible behaviour, self-control and good listening
Punching	Brown	Jab,Cross,Hook,Uppercut (ducking in-between)
Balancing	Blue	10x Angle Kicks without putting foot down (Body Side on)
Kicking	Red	Hooking + All Previous
Fitness	Green	20x Tuck Jumps and 20x Floor Tricep Press-ups
Leg Control	Purple	Check Kick, Check Kick, Turning Kick,Turning Kick x10 times each leg
Combination Kicks	Orange	Check Kick, Check Kick, Back Leg Angle Kick
Board Breaking	Green & Yellow	Pushing Kick
Movement	Yellow	Shifting, Stepping and Switching stance in sport stance
Sport Taekwondo	White	1-4-1 Kicking

#### Red Stripe

Skill		Requirement
Discipline	Grey	Showing responsible behaviour, self-control and good listening
Punching	Brown	Jab,Cross,Elbow, Uppercut (ducking in-between)
Balancing	Blue	15x Angle Kicks without putting foot down (Body Side on)
Kicking	Red	Outward Creascent + All Previous
Fitness	Green	10x Dolphin Dips + 10x Tricep Dips
Leg Control	Purple	Check Kick, Check Kick, Hooking Kick x10 times each leg
Combination Kicks	Orange	Check Kick, Check Kick, Back Leg Angle Kick, Axe Kick
Board Breaking	Green & Yellow	Front Kick
Movement	Yellow	Shifting, Stepping, Switching stance + Back Step in sport stance
Sport Taekwondo	White	1-4-1 Kicking + Free sparring (no head kicks)

#### Brown Stripe

Skill		Requirement
Discipline	Grey	Showing responsible behaviour, self-control and good listening
Punching	Brown	Jab,Jab,Uppercut, Hook (ducking in-between)
Balancing	Blue	Low, Mid, High Angle kick, x10 each leg
Kicking	Red	Back Kick + All Previous
Fitness	Green	20x Dolphin Dips + 20x Tricep Dips
Leg Control	Purple	Check Kick, Check Kick, Hooking Kick, Turning Kick x10 times each leg
Combination Kicks	Orange	Check Kick, Check Kick, Back Leg Angle Kick, Back Kick
Board Breaking	Green & Yellow	Back Kick
Movement	Yellow	Shifting, Stepping, Switching stance + Back Step with faints and fakes in sport stance
Sport Taekwondo	White	1-4-1 Kicking + Free sparring (no head kicks)