



# INNERACTIVE MARTIAL ARTS

## YOUTH BELT REQUIREMENTS

### Brown Belt to Black Belt

Wow! Your last belt before Black belt. Welcome! In this rank you will be expected to learn a lot of new techniques and perfect your previous techniques from other ranks. At the end of Brown belt, you will be tested for Black belt which is an overall knowledge of all of the ranks put together. This will take a lot of practice, time, and effort. Your dedication and passion will need to be utilized for this rank. Good Luck!

#### Requirements: What you need to know

##### Forms

- Fire Form
- Punch Form
- Crane Form
- Falcon's Claw

##### Kicks

- Jump Spinning Outside Crescent
- Spinning Heel
- Forwards Sweep Lvl 1
- Forwards Sweep Lvl 2
- Jump Spinning Side
- Hopping Spinning Hook

##### Combo Kicks

- Hook Kick- Roundhouse
- Jump Spinning Inside X 6
- Front-Side-RH-Hook (No Drop)
- Outside- Spin Outside- Jump Spin Outside Crescent
- RH- Jump Spinning Rh- Advancing Side- Spinning Hook

##### Other Techniques

- Kick-up
- Push-up, Leg pass to front
- Rolling Side Breakfall Lvl 1

##### Breathing Exercises

- Advanced Breathing Exercise 3
- Advanced Breathing Exercise 4

#### HELPFUL HINTS

- ✓ There is a lot to learn here. Set aside some practice time every day to improve your new techniques.
- ✓ This is your last belt before Black belt! Make sure you are practicing previous techniques thoroughly to make sure they stay sharp and efficient.
- ✓ Consider Assisting in other classes. This is a great way to practice your techniques and see them from a different perspective.
- ✓ When frustrated with a technique, move on, and come back later. You'll have more clarity and a better mindset.