

## Bar Testing Requirements for

Rotation 3

Champions Quality for the Month: August **Intensity**

Bar Color: **RED**

**White & Orange Belts:** Front & Side Kicks, Left & right leg forward stances, Defending front and side kicks, Kick-Punch Combo

**Purple Belts:** Inside & Outside crescent kicks, Kibon #4, Short cat stance.

**Green-Blue Belts** Pinan Yodan up to the first Kiai, Jump Kicks, Self Defense #4, Kibbon #2

**Brown Belts** Pinan Sandan (Breakdown), Jump Kicks, Knife #4, Free Grappling

Rotation 3

Champions Quality for the Month: September **Power**

Bar Color: **YELLOW**

**White & Orange Belts:** Back & Roundhouse Kicks, Spinning back kicks, Defending the roundhouse kick, Forward Rolls.

**Purple Belts:** Hook & Spinning Hook Kicks, Kibon #3, Middle & Long Cat stances.

**Green-Blue Belts** Finish Pinan Yodan, Jump Kicks, Self Defense #5, Knife #2

**Brown Belts** –Pinan Yodan, Jump Kicks, Club #2, Creative Self Defense

Rotation 3

Champions Quality for the Month: October **Accuracy**

Bar Color: **BLUE**

**White & Orange Belts:** Basic Kicking Pattern, Spinning Back kicks, Defending front, side, & round kicks, Kick-Punch Combo Left & Right leg forward stances, Forward Rolls.

**Purple Belts:** Crescent Hook kick pattern, Kibons 3 & 4, All cat stances.

**Green-Blue Belts** The Whole Pinan Yodan, Jump Kicks, Self Defense #4 & 5, Kibbon #2, Knife #2

**Brown Belts** Pinan Sandan (Breakdown), Pinan Yodan, Jump Kicks, Knife #4, Club #2, Free Grappling