

Skill	White-brown belt	White-red belt	White-black belt
<b>FOCUS</b>	Palm strike board break	Front kick board break	Palm and front kick board break
<b>TEAMWORK</b>	Lead group through 2 basic exercises (5 reps each)	Lead group through 4 basic exercises (5 reps each)	Lead group through 4 basic exercises (5 reps each) and all martial arts techniques
<b>CONTROL</b>	Double switch – Lead pop front kick 3 times each leg	Double switch – Lead jump front kick (flying ninja kick) 3 times each leg	Double switch – Lead pop front kicks & Lead jump front kicks 3 times each, each leg
<b>MEMORY</b>	Must perform combinations 1-5 of the Stage 1 Form with instructor	Must perform combinations 1-5 of the Stage 1 Form by count	Must perform combinations 1-9 of the Stage 1 Form with no count
<b>BALANCE</b>	35 front kicks on clapper pad without putting foot down	40 front kicks on clapper pad without putting foot down	50 front kicks on clapper pad without putting foot down
<b>DISCIPLINE</b>	Perform defenses 1-3 against an instructor	Perform defenses 4-6 against an instructor	Perform defenses 1-6 against an instructor
<b>FITNESS</b>	Dynamic exercises for 10 reps	Dynamic exercises for 15 reps	Dynamic exercises for 20 reps
<b>COORDINATION</b>	Perform kickboxing combinations 1-8, 3 times in a row	Perform kickboxing combo 1-12, 3 times in row	Perform kickboxing combo 1-16, 3 times in a row