

Skill	White belt	White-orange belt	White-yellow belt
FOCUS	Strike 2 & Kick 2 targets thrown from 1 step away	Strike 2 & Kick 2 targets thrown from 2 steps away	Strike 2 & Kick 2 targets thrown from 3 steps away
TEAMWORK	Hold target for 5 punches	Hold target for 5 front kicks	Hold target for 5 punches and 5 front kicks
CONTROL	Must stop on command while running forward	Must stop on command running backward	Must stop on command while shuffling sideways
MEMORY	Must perform all blocks and strikes from memory	Must perform all kicks and stances from memory	Must perform all blocks, strikes, kicks and stances from memory
BALANCE	5 front kicks on clapper pad without putting foot down	10 front kicks on clapper pad without putting foot down	15 front kicks on clapper pad without putting foot down
DISCIPLINE	Discipline commands 1-4 in order	Discipline commands 1-4 out of order	Discipline commands 1-4 in combinations
FITNESS	Hold static exercises for 10 seconds	Hold static exercises for 15 seconds	Hold static exercises for 20 seconds
COORDINATION	Must strike (cross body) 5 left/right hand punches on mitts	Must strike (cross body) 5 left/right front kicks on mitts	Must strike (cross body) 10 left/right punches/front kicks on mitts