

Skill	White belt	Double-orange belt	Double-yellow belt
<b>FOCUS</b>	Side kick pad with proper part of foot 3 times each	Side & round kick pad with proper part of foot 3 times each	Side, round & front kick pad with proper part of foot 3 times each
<b>TEAMWORK</b>	Lead group through 5 hand techniques	Lead group through 5 foot techniques	Lead group through 10 hand and foot techniques
<b>CONTROL</b>	Slide forward in a guarding stance 5 times	Slide backward in a guarding stance 5 times	Forward/Backward in guarding stance 10 times random order
<b>MEMORY</b>	Perform 3 random 3-move hand combinations called out by the instructor	Perform 3 random 3-move foot combinations called out by the instructor	Perform 3 random 3-move hand & foot combinations called out by the instructor
<b>BALANCE</b>	20 front kicks on clapper pad without putting foot down	25 front kicks on clapper pad without putting foot down	30 front kicks on clapper pad without putting foot down
<b>DISCIPLINE</b>	Hold middle splits for 30 seconds	Hold scissor splits for 30 seconds (each leg)	Hold middle and scissor splits (each leg) for 30 seconds
<b>FITNESS</b> Arms: Shoulder Taps Legs: Beg. Squat Abs: Sit ups Core: Bridge w/ Side taps	Active exercises for 10 reps	Active exercises for 15 reps	Active exercises for 20 reps
<b>COORDINATION</b>	Must execute 5 random techniques w/proper Left/Right commands	Must execute 10 random techniques w/proper Left/Right commands	Must execute 15 random techniques w/proper Left/Right commands