



Martial Arts USA – The Family Club
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Adult Basic Black Stripe Requirements

What you have to know to earn your Black Stripe:

- * White through Yellow Belts
 - ◆ Step Side Kick
 - ◆ Step Round Kick
 - ◆ Front Leg Front Kick
- * White/Orange through Yellow Belts
 - ◆ Pick Up Side Kick
 - ◆ Front Leg Round Kick
 - ◆ Back Leg Front Kick
- * Orange through Yellow Belts
 - ◆ Jump Front Kick
 - ◆ ½ Spin Side
 - ◆ Pick Up Hook Kick
- * Yellow Belts
 - ◆ Full Spin Side
 - ◆ Crescent Kicks
 - ◆ Step Up Hook Kick

What we are looking for to earn your Black Stripe:

- Power
- Proper Execution
- Good Chambers and Re-chambers
- Speed of kicks
- Guarding position