Material requirements for low-yellow, high-yellow, and low-green belt levels:

- Forms
- Kicking combinations (both sides)
- Pre-arranged sparring:
  - One-steps/hand self-defense: both sides, demonstrating proficiency against an aggressive opponent
  - Techniques and exercises: starting with left leg forward

Bag work: 3 of each technique per side

<table>
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<tr>
<th>Technique</th>
<th>Types</th>
<th>Height level</th>
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<td>Front stretch</td>
<td>Back-leg</td>
<td>Neck</td>
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<tr>
<td>Front kick</td>
<td>Back-leg, sliding, pump</td>
<td>Neck</td>
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<tr>
<td>Front kick</td>
<td>180°</td>
<td>Belt</td>
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<tr>
<td>Roundhouse kick</td>
<td>Back-leg, sliding</td>
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<td>Side kick</td>
<td>Back-leg, turning, sliding</td>
<td>Belt</td>
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<tr>
<td>Hook kick</td>
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<td>Belt</td>
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<td>Crescent kick</td>
<td>Back-leg inside, back-leg outside</td>
<td>Abdomen</td>
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<tr>
<td>Punch</td>
<td>Back-hand, front-hand, back-front combo, front-back combo</td>
<td>Chest</td>
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<tr>
<td>Palm strike</td>
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<td>Upset punch</td>
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<td>Backfist</td>
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<td>Knife-hand strike</td>
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<td>Hammerfist</td>
<td>Back-hand downward</td>
<td>Belt</td>
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</tbody>
</table>

Sparring:
- Score 6 points on a black belt within 30 seconds, using hand techniques and kicks. At least 2 points must be scored using kicks. The black belt will remain within 1 foot of a point on a wall, be free to use any block, and cannot use any offensive techniques. Points will be called by test instructors (including the one sparring) as they are made, but the sparring match will be continuous.
  - Target areas: sides and top of the head, front and sides of the torso, kidney regions

Fitness:
- Push-ups: 20 with the neck turned back as far as possible and touching the underside of chin to the top of 1 bag placed flat on the ground, 50 total
- Leg lifts: 10 total, back and legs do not make contact with the ground
- Slow kicks: with wall support, 1 each side
  - Front kick: hold extended at knee level for 10 seconds
  - Roundhouse kick: hold extended at belt level for 10 seconds
  - Side kick: hold extended at belt level for 10 seconds

Breaking:
- Turning side kick: one side only