



JR Warriors Program

Ages 5-6 years

ADVANCED TESTING CHART



Skill	White-Brown belt	White-Black	yellow - white
FOCUS	Front / Twist punch from 3 ranges	Front kick / twist kick from 3 ranges	Front / twist round house from 3 ranges
TEAMWORK Blocks: High, Low, Middle Strikes: Punch, Knifehand, Backfist Kicks: Front, Round, Side Stances: Front, Middle, Back	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
CONTROL	Double switch – Lead front kick 3 times each leg	Double switch – Lead jump front kick (flying ninja kick) 3 times each leg	Double switch – Lead front kicks & Lead jump front kicks 3 times each, each leg
MEMORY	Must perform moves 1-8 of kihon Tsuki with instructor	Must perform Kihon Tsuki unassisted	Kumite Go ho No Ichi Attacking & Defending
BALANCE	35 front kicks on a pad without putting foot down	40 front kicks on a pad without putting foot down	50 front kicks on a pad without putting foot down
DISCIPLINE 1. Single arm grab 2. Single shoulder grab 3. Single shoulder grab from behind 4. Double arm grab 5. Double shoulder grab 6. Double shoulder grab from behind	Perform defenses 1-3 against an instructor	Perform defenses 4-6 against an instructor	Perform defenses 1-6 against an instructor

<p>FITNESS</p> <p>Arms: Triple Shoulder Taps</p> <p>Legs: Squat Jumps</p> <p>Abs: Sit ups w/ legs in the air</p> <p>Core: Bridge w/ shoulder taps</p>	Dynamic exercises for 10 reps	Dynamic exercises for 15 reps	Dynamic exercises for 20 reps
<p>COORDINATION</p> <p>1-8: Jab, Cross, Hook, Upper, Block, Block, Kick, Kick</p> <p>9-12: Duck, Kick, Duck, Kick</p> <p>13-16: Block Rib, Block Rib, L Jump Front Kick, R Jump Front kick</p>	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