

COMBINATIONS (FL)=Front Leg (BL)= Back Leg (FH)= Front Hand (BH)= Back Hand

Champion Youth Minimum Requirements

White Belt	Yellow Belt	Orange Belt	Purple Belt	Green Belt	Blue Belt	Red Belt
1C) High Block / Reverse Punch	2nd Degree 11C) Backfist / Reverse Punch	1st Degree 19C) C-Stepping / Low Block / Reverse Punch	1st Degree 35C) Double Outside Block / Grab Shoulders / Knee Strike	1st Degree 50C) Circular Block / Reverse Punch	1st Degree 64C) Palm Block / Vertical Punch	1st Degree 77C) C-Step / Circular Block / Knifehand Strike / Reverse
2C) Low Block / Reverse Punch	12C) High Block / Low Block / Reverse Punch/ Front Snap Kick (BL)	20C) Outside Block /Backfist (Same Arm)	36C) C-Stepping / X-Block	51C) Hook Punch / Backfist (Same Hand)	65C) Hook Punch(FH) / Spinning Backfist	Knifehand Strike / Palm Strike / Front Snap Kick / Jump Front Snap Kick
3C) Jab / Reverse Punch	13C) Side Kick (FL) / Side Kick (BL Stepping Forward) / Front Snap Kick (FL) / Front Snap Kick (BL Stepping Forward)	21C) C-Stepping / High Block / Reverse Punch	37C) Round House Kick (BL) Stepping Forward / Spinning Back Kick	52C) Skip Front Snap Kick / Jumping Round House Kick	66C) Guarding Block / Horizontal Knee Strike	2nd Degree 78C) (Step Back) / L-Stance / Knifehand Block / (Step Forward) / Forearm Strike / Backfist / Reverse Punch / Round House Kick (FL) / Skip Side Kick
Pre-Yellow Belt	14C) Low Block / Reverse Punch / Front Snap Kick (BL Stepping Forward)	22C) Outside Block / Skipping Front Snap Kick	38C) Outside Block / Side Elbow Strike / Backfist	53C) Front Snap Kick (FL) / Axe Kick (BL)	67C) Round House (FL) / Spinning Crescent Kick	3rd Degree 79C) Outside Block / Hammerfist / Backfist / Palm Strike / Knifehand Strike / Spinning Hook Kick
4C) Horse Stance / Punches Low, Middle, High	3rd Degree 15C) Outside Block / Palm Heel Strike	23C) Palm Block / Reverse Punch	39C) Double Palm Block / Backfist / Palm Strike	2nd Degree 54C) Scoop Block / Backfist	2nd Degree 68C) Knifehand Block / Side Punch	4th Degree 80C) Low Block / Inside Crescent / Reverse punch / Backfist / Skip Hook Kick
5C) Jab / Front Snap Kick	16C) Rear Elbow Strike / Low Rear Hammer Fist	24C) Skipping Front Snap Kick / Jumping Front Snap Kick	40C) Knifehand Block / Knifehand Strike (Same Hand)	55C) High Block / Uppercut (BH)/ Hook Punch (FH)	69C) Front Snap Kick (BL Stepping Forward) / Axe Kick (FL) / Side Kick (BL Stepping Forward)	4th Degree 81C) Jab / (Step Forward) / Spinning Back Kick / Round House Kick / Spinning Backfist
6C) Round House Kick / Reverse Punch	17C) Skip Side Kick / Backfist / Skip Side Kick / Jab / Reverse Punch	25C) Hook Kick (FL) / Roundhouse (BL)	41C) Outside Crescent Kick (BL Stepping Forward) / Round House Kick (BL Stepping forward)	56C) Skip Front Snap Kick / Skip Crescent Kick	70C) Round House Kick (BL Stepping Forward) / Spinning Hook Kick	82C) Double Outside Block / Double Palm Strike (Ears) / Grab Shoulders / Pull / Vertical Knee Strike / Forearm Strike / Backfist / Reverse Punch / Front Snap Kick / Skip Side Kick
7C) Jab / Front Snap Kick (BL) /Round House Kick (FL) / Reverse Punch	3rd Degree 18.5C) Round House (FL) / Round House BL (Stepping Forward) / Skip Round House Kick	26C) Double Outside Block / High Downward Hammerfist	42C) Double Palm Block / Reverse Knifehand Strike (BH)	57C) Knee Strike / Upward Elbow Strike	71C) C-Punch / Forearm Strike / Backfist	
Yellow Belt		27C) L-Stance / Guarding Block / Backfist / Reverse Punch	43C) Sitting Side Kick / Kneeling Side Kick)	3rd Degree 58C) C-Step / Circular Block / Knifehand Strike(BH)	72C) C-Step / Circular Block / Upward Ridge Hand Strike(BH)	
1st Degree (all pre-yellow combos plus the following)		28C) Outside Block / Side Hammerfist	44C) Double Outside Block / Double palm Strike (Ribs)	59C) Double Palm Block / Double Uppercut	73C) Jab / Reverse Punch / Hook Punch / Spinning Backfist	
8C) Jab / Front Snap Kick		29C) Jab / Reverse Punch / Hook Kick (BL)	45C) Skip Side Kick with Cross Step / Skip Hook Kick with Cross Step	4th Degree 60C) Double Palm Strike (Ribs) / Double Backfist (Face)	74C) Triangle Step / Palm Block / Vertical Punch / Backfist	
9C) Outside Block / Inside Block / Reverse Punch		30C) Push Kick (BL) Stepping Forward / Skipping Front Snap Kick	4th Degree 46C) Knifehand Block / Ridgehand Strike (BH)	61C) Jab / Uppercut(BH) / Hook Punch (FH)	75C) Jumping Crescent Kick / Skip Side Kick	
9.5C) High Block / Inside Block / Reverse Punch		31C) Front Snap Kick (BL) / Back Kick / Jumping Front Snap Kick	47C) Double Outside Block / Double Palm Strike (Ears)	62C) Skip Crescent Kick / Sidekick (BL Stepping Forward) / Skip Hook Kick	76C) Jab / Hook / Spinning Backfist / Round House Kick (BL)	
10C) Front Snap Kick / Jab / Reverse Punch		32C) Knifehand Block / Reverse Punch	48C) Inside Crescent Kick (BL) / Skip Side Kick	63C) Triangle Step / Inside Block / Reverse Punch / Round House Kick (FL)		
(Optional Combination)		33C) Cat Stance / Knifehand Block / Reverse Punch	49C) Skip Round House Kick / Spinning Back Kick / Round House (BL Stepping Forward)			
10.5C) Outside Block / Inside Block / Reverse Punch / High Block / Inside Block / Reverse Punch		34C) Skip Side Kick / Skip Round House Kick / Skip Front Snap Kick / Skip Hook Kick				