



Starting June 2015 the following changes in testing requirements will be in effect.

### **Purple and Blue Belts**

- Purple & Blue belt Sparring Segments are to be replaced with one self-defense demonstration
- Purple & Blue belts will perform the following board breaks
  - Purple - 1 hand technique & 1 foot technique
  - Blue - 2 foot techniques (must be different techniques)

### **Red Belts**

- Red belts will now perform the following in addition to their form, sparring, and board breaking
  - White - Yellow belt forms
  - 3 one-steps of their choosing from White - Yellow

### **Recommended Black Belts**

- Recommended Black Belts will now perform the following in addition to their form, sparring, and board breaking
  - Mid-Term
    - Camo - Brown Belt Forms
  - Testing
    - Protech
      - 
      - Single BME or SJB
      - Protech counts are to be one in sets of 3 with an initial preparation and a finishing position (i.e. ready position)
        - Therefore, SJB two-hand ready position would be demonstrated a total of five times
        - Each 9 count strike is to be demonstrated once
        - Each four count strike is to be demonstrated three times, finishing in a single twirl backwards to ready position
        - four count should be demonstrated from a defensive stance