

Formal Gold Belt Testing Requirements Guide

Punches

- Jab
- High Punch
- Back Fist
- Middle Punch

Physical Fitness

- Push-ups
- Horse Stance

Self-Defenses

- Push
- Haymaker
- Break Fall

Basic/Power Kicks

- Offensive Front Kick (Power Kick)
- Turning Round Kick (Power Kick)
- Sliding Round Kick
- Sliding Side Kick (Power Kick)

Combinations

- Jab, high punch, front kick
- Jab, sliding round kick, high punch