

ETO Belt Testing Requirements

Name: _____

Date: _____

Exam: _____



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|--------------------|
| ✓+ = Above Average |
| ✓ = Average |
| ✓- = Below Average |

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| <p>10th WHITE BELT (Minimum 16 classes)</p> <p>_____ D/O/R Front Punch H/M/L _____ D/O/R Back Punch H/M/L _____ D/O/R Hi Block _____ D/O/R Mid Block _____ D/O/R Lo Block</p> <p>_____ Front Kick 3 ct. _____ Front Kick 1 ct. _____ Roundhouse Kick 3 ct. _____ Roundhouse Kick 1 ct. _____ Side Kick 3 ct. _____ Side Kick 1 ct. _____ Junebee Stance</p> <p>_____ Korean No's 1-5 _____ Creed _____ Yells</p> | <p>9th YELLOW BELT (Minimum 20 classes)</p> <p>_____ D/O/R Front Kick _____ D/O/R Roundhouse _____ D/O/R Side Kick</p> <p>_____ Front Stance</p> <p>_____ Traveling step behind FK _____ Traveling step behind SK _____ Traveling step behind RH</p> <p>_____ Front Roll _____ Back Roll</p> <p>_____ Korean No's 1-10 _____ Korean Terms</p> | <p>8th ORANGE BELT (Minimum 20 classes)</p> <p>_____ Basic 1 _____ Front Straight Punch D/O/R and H/M/L _____ B-Straight Punch Punch D/O/R and H/M/L</p> <p>_____ Trav F-Stance w/FK _____ Trav F-Stance w/SK _____ Trav F-Stance w/RH _____ Trav F-Stance w/Blocks</p> <p>_____ Horse Stance _____ Back Stance</p> <p>_____ Korean No's 1-20 _____ Korean Terms</p> | <p>7th GREEN BELT (Minimum 30 classes)</p> <p>_____ Basic 2</p> <p>_____ D/O/R Front Chop H/M/L _____ D/O/R Back Chop H/M/L _____ D/O/R Hammerfist H/M/L</p> <p>_____ Front Thrust Kick _____ Back Thrust Kick _____ Front Axe Kick _____ Back Axe Kick _____ Trav Thrust & Axe Kicks _____ Trav B-stance w/Blocks _____ Trav Back Kicks</p> <p>_____ Korean No's 1-30 _____ Korean Terms</p> | <p>6th PURPLE BELT (Minimum 30 classes)</p> <p>_____ Set 1 of 1 Steps _____ Standard 1/Escrima Stick</p> <p>_____ Reinforced Blocks _____ D/O/R Back Fists H/M/L</p> <p>_____ Front Kick 4 ct. _____ Roundhouse 4 ct. _____ Side Kick 4 ct. _____ Out/In Crescent Kick _____ In/Out Crescent Kick _____ Out/In ETO Crescent Kick _____ In/Out ETO Crescent Kick _____ Trav Crescent Kicks</p> <p>_____ Korean No's 1-40 _____ Korean Terms _____ Tournament 1</p> |
| SPAR Stamina | SPAR Control | SPAR Combos | SPAR Speed | Multiple Attackers |
| <p>5th BLUE BELT (Minimum 30 classes)</p> <p>_____ Standard 2</p> <p>_____ D/O/R Knifehands H/M/L _____ Straight Ridgehand D/O/R and H/M/L _____ Sweep Ridgehand D/O/R and H/M/L _____ Traveling Ridgehands</p> <p>_____ D/O/R Hook Kick _____ Back Reverse SK _____ Back Reverse Hook Kick _____ Back Reverse Crescents _____ Trav Back Reverse Kicks</p> <p>_____ Korean No's 1-50 _____ Korean Terms _____ Pre-test Interview</p> | <p>4th BLUE BELT (Minimum 40 classes)</p> <p>_____ Set 2 of 1 Steps</p> <p>_____ Soodoos D/O/R and H/M/L _____ Trav Short & Long Soodoos H/M/L _____ Closed-hand Pairing</p> <p>_____ Stat Jump Kicks _____ Running Jump Side Kicks _____ Cat Stance</p> <p>_____ Korean No's 1-60 _____ Korean Terms</p> | <p>3rd BROWN BELT (Minimum 40 classes)</p> <p>_____ Standard 3</p> <p>_____ D/O/R Hookpunches _____ D/O/R Uppercuts _____ Hook/Upper Combos</p> <p>_____ Jump Fake Kicks _____ Jump B-Reverse SK _____ Jump B-Reverse C-kick _____ B-Reverse Knee Sweep</p> <p>_____ Board Break SK (10+) Ax Kick (9-)</p> <p>_____ Korean No's 1-70 _____ Korean Terms _____ Pre-test Interview</p> | <p>2nd RED BELT (Minimum 40 classes)</p> <p>_____ Standard 5</p> <p>_____ Ridgehand Blocks _____ D/O/R Palm Trusts _____ RH Block/Palm Combo _____ All Open-hand Blocks _____ Open-hand Pairing</p> <p>_____ Jump Twist Kicks _____ Tornado Kick _____ Roundhouse/Tornado _____ Falling Techniques</p> <p>_____ Korean No's 1-80 _____ Korean Terms _____ Tournament 2</p> | <p>1st RED BELT (Minimum 50 classes)</p> <p>_____ Standard 6 _____ Bo Form</p> <p>_____ D/O/R U-Blocks _____ D/O/R C- Blocks _____ D/O/R Cross Blocks</p> <p>_____ Palm Down B-Reverse Hook Kick _____ Jump Offensive B-Reverse SK _____ Pressure Points _____ Grappling _____ Board Break Hand</p> <p>_____ Reco. Requirements _____ Tournament Participation _____ CPR Certification _____ Pre-test Interview</p> |

Additional Comments: