

Sparring Segments for Each Rank

WHITE BELT (*Start in Left Sparring Stance*)

- 1) Front Punch - Double Step - Reverse Punch
- 2) Front Punch - #3 Front Kick - Reverse Punch
- 3) Front Punch - #3 Side Kick - Reverse Punch

ORANGE BELT (*Start in Left Sparring Stance*)

- 1) Front Punch - #3 Round Kick - Reverse Punch
- 2) Front Punch - Double Step & Reverse Punch - #3 Jump Front Kick - Reverse Punch
- 3) Jump Change (Shuffle) - #3 Outer Crescent Kick - Reverse Punch - #2 Round Kick - Reverse Punch

YELLOW BELT (*Start in Right Sparring Stance*)

- 1) Front Punch - #3 Round Kick - Reverse Punch
- 2) Front Punch - Double Step & Reverse Punch - #3 Jump Front Kick - Reverse Punch
- 3) Jump Change (Shuffle) - #3 Outer Crescent Kick - Reverse Punch - #2 Round Kick - Reverse Punch

CAMO BELT (*Start in Left Sparring Stance*)

- 1) Backfist - Reverse Punch - #2 Round Kick - Reverse Outer Crescent Kick - Reverse Punch
- 2) Backfist - Double Step & Reverse Punch - Step Reverse Side Kick - Reverse Punch
- 3) Backfist - #3 Jump Side Kick - Reverse Punch

GREEN BELT (*Start in Right Sparring Stance*)

- 1) Backfist - Reverse Punch - #2 Round Kick - Reverse Outer Crescent Kick - Reverse Punch
- 2) Backfist - Double Step & Reverse Punch - Step Reverse Side Kick - Reverse Punch
- 3) Backfist - #3 Jump Side Kick - Reverse Punch

PURPLE BELT (*Start in Left Sparring Stance*)

- 1) Backfist - Reverse Punch - #2 Round Kick - Reverse Hook Kick - Reverse Punch
- 2) Backfist - Double Step & Reverse Punch - Step Jump Outer Crescent Kick - Reverse Punch
- 3) Backfist - #3 Hook Kick - Reverse Crescent Kick - #2 Jump Round Kick - Reverse Punch

BLUE BELT (*Start in Right Sparring Stance*)

- 1) Backfist - Reverse Punch - #2 Round Kick - Reverse Hook Kick - Reverse Punch
- 2) Backfist - Double Step & Reverse Punch - Step Jump Outer Crescent Kick - Reverse Punch
- 3) Backfist - #3 Hook Kick - Reverse Crescent Kick - #2 Jump Round Kick - Reverse Punch

BROWN BELT (*Start in Left Sparring Stance*)

- 1) Backfist - Reverse Punch - Step Reverse Punch - #2 Jump Side Kick - Spin Heel Kick - #3 Jump Hook Kick - Reverse Punch
- 2) Backfist - Double Step - Reverse Punch - Step Jump Reverse Side Kick - Reverse Punch
- 3) Backfist - #3 Jump Hook Kick - Step Front Punch - Jump Reverse Inner Crescent Kick - Reverse Hook Kick & Round Kick Combo - Reverse Punch

RED BELT (*Start in Right Sparring Stance*)

- 1) Backfist - Reverse Punch - Step Reverse Punch - #2 Jump Side Kick - Spin Heel Kick - #3 Jump Hook Kick - Reverse Punch
- 2) Backfist - Double Step - Reverse Punch - Step Jump Reverse Side Kick - Reverse Punch
- 3) Backfist - #3 Jump Hook Kick - Step Front Punch - Jump Reverse Inner Crescent Kick - Reverse Hook Kick & Round Kick Combo - Reverse Punch

BLACK BELT (*Start in Right Sparring Stance*)

- 1) Front Punch - Backfist - Reverse Punch - Step Reverse Ridgehand - #2 Twist Kick - Jump Spin Heel Kick - Sliding Side Kick & Round Kick Combo - Reverse Punch
- 2) Backfist - Double Step Reverse Punch - Step Reverse Backfist - Reverse Punch - 360° Jump Side Kick - Reverse Punch
- 3) Fake Switch Back - 180° Turn - Double Switch - #3 Axe Kick - Reverse Punch - #2 Round Kick - Jump Spin Heel Kick - Jump Reverse Side Kick