

MACABEEMARTIAL ARTS SASH REQUIREMENTS (White Dragon Kempo)



Students must perform one and a half minute stances at this level. 25 push up's and 50 sit up's.

Blue Sash

- 1. Back bend for 30 seconds.**
- 2. Twist of the Tiger**

Blue Sash/White Fringe

- 1. Twist of the Tiger on one breath**
- 2. High block, reverse punch, front punch, round kick combination**
- 3. Back fist, r punch. F punch r k combination.**

Blue Sash/Black fringe

- 1. Hung 1**
- 2. Hung 1 on one breath.**
- 3. One self – defense against a punch.**
- 4. One self – defense against a kick.**

Blue Sash/Red Fringe

- 1. Hung 2**
- 2. Hung 2 on one breath**
- 3. One self defense against a choke.**
- 4. One self defense against a grab**
- 5. Self-defense against rear choke.**