

Macabee Martial Arts Sash Requirements (White Dragon Kempo)



Instructors Format. Intermediate Level.

On each sash test student must perform 3minute horse and 1 minute for all other stances. 100 pushups, 200 sit-ups, 60-second side & front splits, and a 30 second back bend.

Green Sash/No Fringe

1. 400 blocks and punches
2. 400 kicks (front, back, side, round.)
3. 7 self-defenses off of one technique.
4. One weapon form. /or Outer Tiger first section
5. Break one 1" board.

Green Sash/White Fringe

1. 7 self defenses off of one technique (different then first test)
2. All five basic white dragon forms on five breathes.
3. Outer Tiger first and second section
4. Perform and explain weapon form.

Green Sash /Black Fringe

1. 7 different self-defenses off of one technique.
2. Outer Tiger all four sections.
3. Foot sweep (spinning top)