



Extreme SKILLZ®

Age-Specific Martial Arts Training for
10 to 14 year olds

Requirement Guide

The Extreme SKILLZ® Belts

There are a total of 10 belts in the Extreme SKILLZ® Program. The belts are also broken down into 3 experience levels: beginner, intermediate, and advance.

Beginners Belt Ranks:

	Time Requirement
White Belt	2 months
Yellow Stripe	2 months
Yellow Belt	2 months

Intermediate Belt Ranks:

Green Stripe	4 months
Green Belt	4 months
Blue Stripe	4 months

Advanced Belt Ranks:

Blue Belt	4 months
Red Stripe	4 months
Red Belt	4 months
Black Stripe	4 months

Extreme SKILLZ™ Beginner Testing Chart

Skill	White Belt	Yellow Stripe	Yellow Belt
<p style="text-align: center;">Dexterity</p> <p>Blocks: High, Middle, Low</p> <p>Strikes: Knife, Back fist Punch</p> <p>Stances: Walking, L, Sitting</p> <p>Kicks: Front, Side, Round</p>	<p>Demonstrate beginner technique by instructor command</p> <p>(Pattern Day)</p>	<p>Demonstrate beginner technique going down the mat</p> <p>(Pattern Day)</p>	<p>Demonstrate technique in 3 move combination called out by instructor</p> <p>(Pattern Day)</p>
<p style="text-align: center;">Reaction</p> <p>1. Single arm grab 2. Single shoulder grab 3. Single back shoulder grab 4. Double arm grab 5. Double shoulder grab 6. Double back shoulder grab</p>	<p>Demonstrating escapes 1—3</p> <p>3 Break fall (Standing)</p> <p>(Sparring Day)</p>	<p>Demonstrating escapes 4—6</p> <p>3 Somersault (Standing)</p> <p>(Sparring Day)</p>	<p>Demonstrating escapes 1—6</p> <p>3 Shoulder rolls (knee)</p> <p>(Sparring Day)</p>
<p style="text-align: center;">Versatility</p>	<p>Must perform 4 directional punch (Saju Jirugi) and block (Saju Makgi) (Pattern Day)</p>	<p>Must perform Chonji Tul (19)</p> <p>(Pattern Day)</p>	<p>Must perform Chonji Tul and Dan Gun (21)</p> <p>(Pattern Day)</p>
<p style="text-align: center;">Momentum</p>	<p>Jump front kicks</p> <p>Front leg kicks; Flying front kick hitting target (Sparring Day)</p>	<p>Jump round kicks</p> <p>Back leg kicks; Flying front kick over 1 red pad high (Sparring Day)</p>	<p>Jump side kicks</p> <p>Back leg raised/ kicking with front leg; Flying side kick hitting target (Sparring Day)</p>
<p style="text-align: center;">Precision</p> <p>Hand: palm, hammer, or elbow Foot: front, round or side kick</p>	<p>1 point break with hand (Pattern Day)</p>	<p>1 point break with foot (Pattern Day)</p>	<p>1 point break with hand and foot (Pattern Day)</p>
<p style="text-align: center;">Instinct</p>	<p>Sparring Combinations</p> <p>1. L punch, R punch, R round kick, (3 times in a row) (Sparring Day)</p>	<p>Sparring Combinations Comb 1 plus,</p> <p>2. L round kick, R punch, R round kick, (3 times in a row) (Sparring Day)</p>	<p>Sparring Combinations Comb 1 & 2 plus</p> <p>3. R pump round kick (x2), R punch (3 times in a row) (Sparring Day)</p>
<p style="text-align: center;">Strength</p> <p>Arms: Hold push-up w/arm out Legs: Hold squat position Abs: Hold dish Core: Straight leg bridge</p>	<p>Static exercises for 10 seconds</p> <p>(Pattern Day)</p>	<p>Static exercises for 20 seconds</p> <p>(Pattern Day)</p>	<p>Static exercises for 30 seconds</p> <p>(Pattern Day)</p>
<p style="text-align: center;">Vision</p>	<p>Student Creed Taekwondo Oath Korean Words see below (Sparring Day)</p>	<p>Korean Words for:</p> <p>Block—Makgi High Block-Nopunde Makgi Middle Block-Kaunde Makgi Low Block-Najunde Makgi 20 Samul (Need to know 1-20) (Sparring Day)</p>	<p>Korean Words for:</p> <p>Front Kick—Ap Chagi Side Kick—Yop Chagi Round Kick—Dollyo Chagi 30 Sorun (Need to know 1-30) (Sparring Day)</p>

Korean Numbers 1 to 10: Hanna, Dool, Set, Net, Dasot, Yosot, Ilgob, Yodol, Ahop, Yol

White Belt: Uniform—Dobok; Training hall—Dojang; Attention -- Charyot; Ready—Junbi; Bow—KyongYe, Walking stance—Gunnun Sogi; Sitting Stance—Annun Sogi, L StanceNiunja Sogi

Yellow Stripe: Start—Sijak; Stop—Goman; Return—Paro; Relax—Sheoh;

Extreme SKILLZ™ Intermediate Testing Chart

Skill	Green Stripe	Green Belt	Blue Stripe
<p align="center">Dexterity</p> <p>Blocks: knife hand, Hooking, Double forearm Strikes: Fingertip thrust, Ridge hand Stances: Closed, X, Bending, Fix Kicks: Hook, Outside crecent, Inside crecent</p>	Demonstrate intermediate technique by instructor command (Pattern Day)	Demonstrate intermediate technique going down the mat (Pattern Day)	Demonstrate technique in 3 move combination called out by instructor (Pattern Day)
<p align="center">Reaction</p>	Demonstrating single leg fall and throw 3 times each; 3 Shoulder rolls (Standing) (Sparring Day)	Demonstrating single and double leg fall and throw 3 times each; 3 Shoulder rolls (running) (Sparring Day)	Demonstrating single, double and hip fall and throw 3 times each; Shoulder rolls over 1red pad (Sparring Day)
<p align="center">Versatility</p>	Must perform Dan Gun and Do San (24)	Must perform Do San and Won Hyo (28)	Must perform Won Hyo and Yul Gok (38)
<p align="center">Momentum</p> <p>1. Reverse (Land in front) 2. Spin (Land in back) 3. Step spin</p>	Turn hook kicks (1—3) Flying side kick over 1 blue pad high (Sparring Day)	Turn crescent kicks(13) Flying side kick over 2 blue pad high (Sparring Day)	Turn side kicks (1—3) Flying side kick over 3 blue pad high (Sparring Day)
<p align="center">Precision</p> <p>Hand: palm, hammer, or elbow Foot: front, round or side kick Extra point: jump, blind or add board</p>	3 point break with hand (Pattern Day)	3 point break with foot (Pattern Day)	3 point break with hand and foot
<p align="center">Instinct</p> <p>1. punch, punch, front kick back leg, 2. Side step round kick back leg, and switch leg round kick off front leg. 3. spin hook</p>	Must execute combination 1 at least once within 30 seconds of free sparring (Sparring Day)	Must execute combination 1-2 at least once within 30 seconds of free sparring (Sparring Day)	Must execute combination 1-3 at least once within 30 seconds of free sparring (Sparring Day)
<p align="center">Strength</p> <p>Arms: Int. triangle push-up Legs: Squat kicks Abs: Half v sit-ups Core: Straight leg bridge with shoulder taps</p>	Active exercises for 10 reps (Pattern Day)	Active exercises for 20 reps (Pattern Day)	Active exercises for 30 reps (Pattern Day)
<p align="center">Vision</p>	Korean Word For: Knife hand-Sonkal makgi hooking block-Golcho makgi Double forearm-Doo palmok makgi (Sparring Day)	Korean Word For: Fingertip thrust-Sunkut tulgi Reverse knife hand-Sonkal dung Closed stance-Moa sogi (Sparring Day)	Korean Word For: X stance-Kyochoa sogi Bending stance-Guburyo sogi Fixed stance-Gojun sogi (Sparring Day)

Green Stripe plus must complete in at least 1 tournament for each rank, they will get a multi colour stripe.

Extreme SKILLZ™ Advance Testing Chart

Skill	Blue Belt	Red Stripe	Red Belt
Dexterity Blocks: X, W, U-shape Strikes: Elbow, Knife hand Stances: Rear foot, Vertical Kicks: Jump hook, Axe, Jump back	Demonstrate advance technique by instructor command (Pattern Day)	Demonstrate intermediate technique going down the mat (Pattern Day)	Demonstrate techniques in 3 move combination called out by instructor (Pattern Day)
Reaction 1. Outside twist 2. Inside twist 3. Center twist 4. Circle step on opposite arm 5. Folding arm on same arm 6. Lifting off shoulder grab	Demonstrating joint manipulation moves 1-2 ; Shoulder rolls over 1 blue pad (Sparring Day)	Demonstrating joint manipulation moves 3-4; Shoulder rolls over a blue and red pad (Sparring Day)	Demonstrating joint manipulation moves 5-6; Shoulder rolls over 2 blue pads (Sparring Day)
Versatility	Must perform Yul Gok and Joong-Gun (32) (Pattern Day)	Must perform Joong-Gun and Toi-Gye (37) (Pattern Day)	Must perform Toi-Gye and Hwa-Rang (29) (Pattern Day)
Momentum 1. Jump Reverse (Land in front) 2. Jump Spin (Land in back) 3. Step-jump spin	Turn hook kicks (1—3) 10 hopping side kick (both legs). (Sparring Day)	Turn crescent kicks (1-3) 10 hopping round kick (both legs). (Sparring Day)	Turn side kicks (1-3) 10 hopping side kick & round kick (same leg) (Sparring Day)
Precision Hand: palm, hammer, or elbow Foot: front, round or side kick Extra point: jump, blind or add board	6 point break with hand (Pattern Day)	6 point break with foot (Pattern Day)	6 point break with hand and foot (Pattern Day)
Instinct	One 1 min 30 sec sparring match (Sparring Day)	Two 1 min 30 sec sparring matches (Sparring Day)	Three 1 min 30 sec sparring matches (Sparring Day)
Strength Arms: Triangle push-up Legs: Jump Squat kicks Abs: V sit-ups Core: Half windmill	Active exercises for 10 reps (Pattern Day)	Active exercises for 20 reps (Pattern Day)	Active exercises for 25 reps (Pattern Day)
Vision	Korean Word For: X block-Kyocho makgi W-shape block-San makgi U-shape block-Digutja makgi (Sparring Day)	Korean Word For: Elbow strike-Palkup Knife hand stripe-Sonkal Taerigi (Sparring Day)	Korean Word For: Rear foot stance-Dwit bal sogi Vertical stance-Soojik sogi (Sparring Day)

Green Stripe plus must complete in at least 1 tournament for each rank, they will get a multi colour stripe.

Extreme SKILLZ™ Advance Testing Chart

Skill	Black Stripe		
<p style="text-align: center;">Dexterity</p> <p>Blocks: X, W, U-shape Strikes: Elbow, Knife hand Stances: Rear foot, Vertical Kicks: Jump hook, Axe, Jump back</p>	<p>Demonstrate techniques in 4 move combination called out by instructor</p> <p>(Pattern Day)</p>		
<p style="text-align: center;">Reaction</p> <ol style="list-style-type: none"> 1. Outside twist 2. Inside twist 3. Center twist 4. Circle step on opposite arm 5. Folding arm on same arm 6. Lifting off shoulder grab 	<p>Demonstrating joint manipulation moves 1-6; Shoulder rolls over 2 blue pads</p> <p>(Sparring Day)</p>		
<p style="text-align: center;">Versatility</p>	<p>Must perform Hwa-Rang and Choong_Moo (30)</p> <p>(Pattern Day)</p>		
<p style="text-align: center;">Momentum</p> <ol style="list-style-type: none"> 1. Jump Reverse (Land in front) 2. Jump Spin (Land in back) 3. Step-jump spin 	<p>Turn back kicks (1-3) 15 hopping side kick & round kick (same leg)</p> <p>(Sparring Day)</p>		
<p style="text-align: center;">Precision</p>	<p>Jump knife hand strike over obstacle, jump scissors kick and jump back kick</p> <p>(Pattern Day)</p>		
<p style="text-align: center;">Instinct</p>	<p>Four 1 min 30 sec sparring matches</p> <p>(Sparring Day)</p>		
<p style="text-align: center;">Strength</p> <p>Arms: Triangle push-up Legs: Jump Squat kicks Abs: V sit-ups Core: Half windmill</p>	<p>Active exercises for 30 reps</p> <p>(Pattern Day)</p>		
<p style="text-align: center;">Vision</p>	<p>Korean Word For: Jump hook-Twio Golcho chagi Jump back kick-Twio Dwi chagi Axe kick-Naeryeo chagi</p>		

Green Stripe plus must complete in at least 1 tournament for each rank, they will get a multi colour stripe.