

## Appendix A

### Colour Belts Hands

							16+	
Rank	Age	6 & 7	8 & 9	10 & 11	12 & 13	14 & 15	M	F
W-YS	Front Elbow	W	Y	G	BU	BU+O	BRN	BU+O
	Side Fist	W	W	Y	G	BU+O	BRN	BU
	Down open	W	W	O	G	BU+O	BLK	BU+O
YB-GB	Front Elbow	Y	Y	G	BU	BU+O	BRN	BU+O
	Side Fist	W	W	O	G	BU	BRN	BU
	Down open	Y	Y	O	G	BU+O	BLK	BU+O
BUS-BUB-RS	Front Elbow	O	O	G	BU	BRN	BLK	BRN
	Outward KH	O	Y	G	G	BU	BLK	BU+O
	Down Hand	O	O	G	BU	BU+O	BLK	2BU
RB-BKS	Front Elbow	G	G	BU	BU+Y	BRN	BLK	BRN
	Outward KH	O	O	G	BU	BU+O	BLK	BU+O
	Down Hand	O	O	BU	BU	BRN	BLK	2BU

### Colour Belts Feet

							16+	
Rank	Age	6 & 7	8 & 9	10 & 11	12 & 13	14 & 15	M	F
W-YS	Front Kick	W	Y	O	O	O	BU	BU
	Side Kick	Y	O	O	O	G	BU	BU
	Stomp	Y	O	O	G	G	BU	BU
YB-GB	Front Kick	Y	O	O	O	G	G	G
	Side Kick	O	O	G	G	G	BLK	BRN
	Stomp	O	O	G	BU	BRN	BLK	BRN
BUS-BUB-RS	Front Kick	O	O	G	G	G	BU	BU
	Side Kick	G	G	G	BU	BU	BLK	BRN
	Turning Kick	O	O	G	G	BU	BLK	BRN
RB-BKS	Front Kick	G	G	G	BU	BU	BRN	BU
	Side Kick	G	G	BU	BRN	BRN	BLK+O	BLK
	Turning Kick	G	G	G	BU+G	BU	BRN+G	BLK

## Colour Belts

### 5 Board Combo: 15 seconds

Rank	Age					16+	
	6 & 7	8 & 9	10 & 11	12 & 13	14 & 15	M	F
W-YS	W	O	G	O	G	G	G
YB-GB	O	O	G	G	G	G	G
BUS-BUB-RS	G	G	G	G	G	BU	G
RB-BKS	G	G	G	G	G	BU	G

## Black Belt

### 8 Board Combo: 24 seconds

Gender	Age				
	11 to 13	14 & 15	16 & 17	18 to 34	35+
MALE	G	G	BU	BU	BU
FEMALE	G	G	G	BU	BU

## Little Dragons (4-5 year olds)

	Stomp	Downward Side Fist	Front Kick
Circuit	O	W	Y
Obstacle Course	O (half put together)	put together)	Y(half put together)

## Black Belt Hands

Gender	Age	11 to 13	14 & 15	16 & 17	18 to 34	35+
MALE	Front Elbow	2BU	2BU+O	BLK+BU	2BLK+BU	2BK
	Outward KH	2G	2G+O	BLK+G	2BLK+G	BLK+G
	Punch/Elbow	G+O	2BU	BLK+G	2BLK+G	BLK+G
	Down Hand	2BU	2BU+O	BLK+BRN	2BLK+BU	BLK+G
FEMALE	Front Elbow	2G	2BU	2BU+G	2BU+G	2BU
	Outward KH	G+O	2G	2BU	2BU	2BU
	Punch/Elbow	G+Y	2G	2BU	2BU	2BU
	Down Hand	BU+G	2BU	2BU+G	BLK	BLK

## Black Belt Feet

Gender	Age	11 to 13	14 & 15	16 & 17	18 to 34	35+
MALE	Front Kick	BU+G	2BU+G	BLK+BU	2BLK	BLK
	Side Kick	BLK+G	BK+BU	2BLK+BU	3BLK	2BLK+BU
	Turning Kick	BU+G	2BU+G	2BUBLK+BU	2BLK	BLK+G
	Jumping	O	G	G	BU	G
FEMALE	Front Kick	BU	2BU+O	BRN	BLK	BRN
	Side Kick	BK	BLK+BU	BLK+BRN	2BLK	2BLK
	Turning Kick	BU	2BU+O	BRN	BLK	BRN
	Jumping	O	G	G	BU	G