

## MARTIAL ARTS EAST

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Going For	Minimum	Punching	Head	Outside	Front	Front Breakfall	Forward	Back Breakfall						
Orange	4	on the	Block	Block	Kick on		Roll							
Footprint	Months	Spot	on the	on the	the Spot									
(Level 1)	Training		Spot	Spot										
Going For	Minimum	Punching	Head	Outside	Knife	Front Kick on the	Front	Forward Roll	Back Breakfall					
Red	4	on the	Block	Block	Hand	Spot	Breakfall		and Roll					
Footprint	Months	Spot	on the	on the	Block									
(Level 2)	Training		Spot	Spot	on the									
					Spot									
Going For	Minimum	Punching	Head	Outside	Knife	Groin Block on	Front	Front	Back Breakfall	Side Breakfall				
Yellow	4	on the	Block	Block	Hand	the Spot	Kick on	Breakfall/Forward	and Roll					
Footprint	Months	Spot	on the	on the	Block		the Spot	Roll						
(Level 3)	Training		Spot	Spot	on the									
					Spot									
Going For	Minimum	Punching	Head	Outside	Knife	Groin Block on	Front	Side Snap Kick on	Front	Back Breakfall	Side	Front		
Green	4	on the	Block	Block	Hand	the Spot	Kick on	the Spot	Breakfall/Forward	and Roll	Breakfall	Rolling		
Footprint	Months	Spot	on the	on the	Block		the Spot		Roll			Breakfall		
(Level 4)	Training		Spot	Spot	on the									
					Spot									
Going For	Minimum	Punching	Head	Outside	Knife	Groin Block on	Front	Side Snap Kick on	Side Thrust Kick	Front	Back	Side	Front	
Purple	4	on the	Block	Block	Hand	the Spot	Kick on	the Spot	on the Spot	Breakfall/Forward	Breakfall	Breakfall	Rolling	
Footprint	Months	Spot	on the	on the	Block		the Spot			Roll	and Roll		Breakfall	
(Level 5)	Training		Spot	Spot	on the									
					Spot									
Going For	Minimum	Punching	Head	Outside	Knife	Groin Block on	Front	Side Snap Kick on	Side Thrust Kick	Front	Back	Side	Front	Ground
Blue	4	on the	Block	Block	Hand	the Spot	Kick on	the Spot	on the Spot	Breakfall/Forward	Breakfall	Breakfall	Rolling	Wrestling
Footprint	Months	Spot	on the	on the	Block		the Spot			Roll	and Roll		Breakfall	
(Level 6)	Training		Spot	Spot	on the									
					Spot									



## MARTIAL ARTS EAST

Going For Pink Footprint (Level 7)	Minimum 4 Months Training	Stepping Forward Punch	Stepping Forward Head Block	Stepping Forward Outside Block	Stepping Forward Front Kick	Front Breakfall/Forward Roll	Back Breakfall and Roll	Side Breakfall	Front Rolling Breakfall	Ground Wrestling	Pad Work			
Going For Brown Footprint (Level 8)	Minimum 4 Months Training	Stepping Forward Punch	Stepping Forward Head Block	Stepping Forward Outside Block	Stepping Forward Front Kick	Front Breakfall/Forward Roll	Back Breakfall and Roll	Side Breakfall	Front Rolling Breakfall	Ground Wrestling	Pad Work	Takedowns	Half Of Kihon Kata	
Going For Black Footprint (Level 9)	Minimum 4 Months Training	Stepping Forward Punch	Stepping Forward Head Block	Stepping Forward Outside Block	Stepping Forward Front Kick	Front Breakfall/Forward Roll	Back Breakfall and Roll	Side Breakfall	Front Rolling Breakfall	Ground Wrestling	Pad Work	Takedowns	On The Spot Defence Against Punch	Full Kihon Kata