



# MARTIAL ARTS EAST

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



# 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