

Freedom Martial Arts

Little Eagles



FREEDOM
Martial Arts

Freedom Martial Arts

Little Eagles

Information about Testing - To go up to the next rank, Lil Eagles must be able to demonstrate their current rank requirements and all previous requirements.

For example if a student is a Lil Eagle Green belt The must complete all rank requirements for White, Yellow, & Green to be able to promote to Purple Belt

Lil' Eagle White Belt

Listening Positions

Position 1 - Criss Cross AppleSauce

Position 2 - On One Knee

Position 3 - Feet as wide as shoulder, hands behind back in a diamond

Stances

Attention stance (Teaches focus and Concentration)

Bowing (Teaches us Courtesy & Respect)

Ready Stance (Ready to take action NOW)

Sitting Stance

Blocks

High Block

Strikes

Punches (How to make a good fist)

Lil' Eagle Yellow Belt

Review all requirements for Lil' Eagle White Belt

Stances

Front stance

Blocks

Low Block

Kicks

Front Kick

Outside Crescent Kick

Strikes

Knife hand Strikes

Back Fist

Lil' Eagle Green Belt

Review all requirements for Lil' Eagle White & Yellow Belt

Stances

Back Stance

Blocks

Inner Forearm Block

Outer Forearm Block

Kicks

Inside Crescent Kick

Strikes

Hammer Fist

Memory Challenge

Mom's Name

Dad's Name

At Least 1 Parents Phone number

Little Eagle Purple Belt

Review all requirements for Little Eagle White, Yellow, & Green Belt

Blocks

Outside Block

Combinations

10 punches on own count

Jab reverse Punch (Back Stance)

Safety Drill

Straight Across Wrist Grab Escape

I don't know escape

Memory Challenge

Address

Little Eagle Blue Belt

Review all requirements for Little Eagle White, Yellow, Green & Purple Belt

Blocks

Double Knifehand Blocks

Combinations

Front Kick, Low Block Drill (Front Stance)

Safety Drill

Diagonal Wrist Grab Escape

Two Handed Wrist Grab Escape

Memory Challenge

How/When to call 911

Safe Word

Little Eagle Brown Belt

Review all requirements for Little Eagle White, Yellow, Green, Purple & Blue Belt

Blocks

Square Block

Safety Drill

Backwards Fall

White Belt Form

1st half

One Step

#1 One-step

Little Eagle Red Belt

Review all requirements for Little Eagle White, Yellow, Green, Purple, Blue & Brown Belt

White Belt Form

2nd half

One Step

#2 One-step

Basic Sparring

Move with instructor and do punches on pad

Little Eagle Black Belt

Review all requirements for Little Eagle White, Yellow, Green, Purple, Blue, Brown & Red Belt

White Belt Form

Complete Form

One Step

#3 One-step

Basic Sparring

Move with instructor and do punches and kicks on pad

Basic Blocking Drills

Memory Challenge

Tenets of Taekwondo