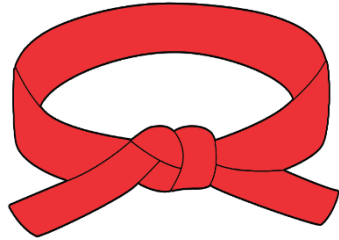


# Red Belt



Minimum Hours required: **100**

## TEST REQUIREMENTS

Chudan Tsuki Waza

Jodan Tsuki Waza

Mae Geri Waza

Yoko Geri Waza

Mawashi Geri Waza

Defence from continuous multiple punching.

Must Demonstrate Quadrant Blocking, Atemi, Offline movement and implement techniques when appropriate.