

BELT REQUIREMENTS

YELLOW

10 KICK PUNCHES
10 TAKE DOWNS
10 THROWS
10 GROUND TECHNIQUES
5 KICKS
5 KICK DEFENSES
8 HOLD BREAKS
3 HAND FORMS
SAN SOO SALUTE
3-6 MONTHS OF TRAINING

GREEN

10 KICKS
2 WEAPON FORMS
2 HAND FORMS
KNIFE & BATON OFF./
DEF.
5-MINUTE MASS ATTACK
SAN SOO TERMINOLOGY
10-12 MONTHS OF TRAINING

BROWN

15 KICKS
15 FUT GA ATTACKS
5 PROFESSIONAL HOLDS
5 NERVE TECHNIQUES
2 WEAPON FORM
1 NON-REPETITIVE
WEAPON FORM
10-MIN. MASS ATTACK
2 YEARS OF TRAINING

BLACK

20 KICKS
45 FUT GA ATTACKS
3 WEAPON FORMS
2 NON-REPETITIVE FORMS
2 HAND FORMS
15 MINUTE MASS ATTACK
DYNAMIC TENSION
SAN SOO YELLS
TEACHING THEORY
3-4 YEARS OF TRAINING

WHAT DOES YOUR BELT MEAN TO YOU?

Whether you are a yellow belt, black belt or Master, you should be proud of your rank. Fewer than 30% of first time students ever receive any type of martial arts belt. Many people lie and call themselves something they are not. I have read many articles and resumes of individuals who seem to raise their belt rankings overnight.

A Green Belt may list himself as: "Black Belt-Anticipated 2008" or a Basic Black Belt calls himself a Master, or a young Master calls himself "Sifu." This is not only lying, it is fraud, and if this practice continues the reputation of any style suffers in its credibility.

In a war, many of the heroes are Privates, they're not all Generals. To become a Master a student must grow mentally, physically, and in maturity, not just put in his time. SAN SOO must become a way of life, not just be a pastime or casual workout session.

Jimmy H. Woo set the standards for each belt level in his family style, including the rank of Master. To maintain the credibility he instilled in this art there must not be 10-year-old black belts, or 20-year-old Masters.

In China, Kung Fu does not have belts and one is either a student, instructor, Master or Grand Master.

Be proud of the level you have achieved, since every journey begins with the first step—so does the martial arts journey. Do the best you can at each level, take great notes and remember the future of this great style is in your hands.