

Seven Star Belt Test Requirements

To Test For	Forms	Punch Attacks Grab Arts Basics	Sparring Principles, Self Defense, History	Other (Fighting skills and concepts)
Orange	Kata 1-3 Pinyon 1-2 (Pinyon 3) optional	PAs 1-3 GAs 1-2 Basics to first line	See specific handouts/mentor page and ask your Sifu for details	
Purple	Pinyon 3-6	PAs 5a, 5b, 4a, 6a, 6b GAs 3-4 Basics to second line	See specific handouts/mentor page and ask your Sifu for details	
Blue	Pinyon 7 and 8 (Kata 4) optional	PAs 7a, 7b, 4b, 8b GAs 5, 6, 8 Basics to third line	See specific handouts/mentor page and ask your Sifu for details	Kicks to knees Beginning street 2-on-1 sparring
Green	Kata 4 Pinyon 9 and 10 (Limpo) optional	PAs 9b, 10a, 10b, 9a GAs 9-11 Basics to fourth line	See specific handouts/mentor page and ask your Sifu for details	Beginning multiples Beginning C/I/M/K
Brown	Pinyon 11-14 Limpo-learn before 12 (Other Wun Hop forms) optional	PAs: 11a, 11b, 12b, 13-17 a&b's, 18b GAs: 12, 14 (optional 13) Basics to fifth line	See specific handouts/mentor page and ask your Sifu for details	Multiples Variety of SD strategies
Black	(Wun Hop forms)	PAs: 19a, 19b, 20a, 20b, 21b GAs: 13, 15 Stances/Strikes/Kicks for Black Belt level	See specific handouts/mentor page and ask your Sifu for details	Multiples/Weapons attacks