

Muay Thai Kickboxing

Belt Testing Requirements

Belt	Basics	Combinations	Roundhouse Kicks	Front Kicks	Jab, Cross	Fitness	Board Breaking
Black Belt	All Basics	Pads 3 - 3 Minute Rounds Spar 3 - 3 Minute Rounds	75 in 80 seconds	75 in 80 seconds	75 in 80 seconds	Pushups-75 Situps-75 Squats-75 Run 2 Miles in 18 Minutes or Less	Your Choice 3 Boards
High Red Belt	All Basics	Combinations For Cycle	70 in 75 seconds	70 in 75 seconds	70 in 75 seconds	Pushups-70 Situps-70 Squats-70	Left Spinning Back Elbow
Red Belt	All Basics	Combinations For Cycle	65 in 70 seconds	65 in 70 seconds	65 in 70 seconds	Pushups-65 Situps-65 Squats-65	Right Spinning Back Elbow
High Brown Belt	All Basics	Combinations For Cycle	60 in 65 seconds	60 in 65 seconds	60 in 65 seconds	Pushups-60 Situps-60 Squats-60	Left Roundhouse Kick
Brown Belt	All Basics	Combinations For Cycle	55 in 60 seconds	55 in 60 seconds	55 in 60 seconds	Pushups-55 Situps-55 Squats-55	Right Roundhouse Kick
High Purple Belt	All Basics	Combinations For Cycle	50 in 55 seconds	50 in 55 seconds	50 in 55 seconds	Pushups-50 Situps-50 Squats-50	Right Spike Elbow
Purple Belt	All Basics	Combinations For Cycle	45 in 50 seconds	45 in 50 seconds	45 in 50 seconds	Pushups-45 Situps-45 Squats-45	Left Up Elbow
High Blue Belt	All Basics	Combinations For Cycle	40 in 45 seconds	40 in 45 seconds	40 in 45 seconds	Pushups-40 Situps-40 Squats-40	Left Front Kick
Blue Belt	All Basics	Combinations For Cycle	35 in 40 seconds	35 in 40 seconds	35 in 40 seconds	Pushups-35 Situps-35 Squats-35	Right Front Kick
High Green Belt	All Basics	Combinations For Cycle	30 in 35 seconds	30 in 35 seconds	30 in 35 seconds	Pushups-30 Situps-30 Squats-30	Left Horizontal Elbow
Green Belt	All Basics	Combinations For Cycle	25 in 30 seconds	25 in 30 seconds	25 in 30 seconds	Pushups-25 Situps-25 Squats-25	Right Slashing Elbow
High Orange Belt	All Basics	Combinations For Cycle	20 in 25 seconds	20 in 25 seconds	20 in 25 seconds	Pushups-20 Situps-20 Squats-20	Left Knee
Orange Belt	All Basics	Combinations For Cycle	15 in 20 seconds	15 in 20 seconds	15 in 20 seconds	Pushups-15 Situps-15 Squats-15	Right Knee
High Yellow Belt	All Basics	Combinations For Cycle	10 in 15 seconds	10 in 15 seconds	10 in 15 seconds	Pushups-10 Situps-10 Squats-10	Left Palm Heel Strike
Yellow Belt	All Basics	Combinations For Cycle	5 in 10 seconds	5 in 10 seconds	5 in 10 seconds	Pushups-5 Situps-5 Squats-5	Right Palm Heel Strike