

WHITE - RED BELTS

Check off the boxes as you learn the techniques or earn a stripe.



DISCIPLINE

- Left and right knifehands in a sitting stance on command**
White-Yellow (Correct Left and Right)
Orange-Purple (Correct chamber)
Brown-Red (Correct chamber and hand on belt)



COORDINATION

- Catch a ball**
White-Yellow (1 step away)
Orange-Purple (2 steps away)
Brown-Red (3 steps away)



SOCIAL

- Demonstrate raising your hand and saying excuse me instead of interrupting**



FOCUS

- Punch a moving target pad**



SELF-CONTROL

- Balanced front kicks**
White-Yellow (2 kicks)
Orange-Purple (3 kicks)
Brown-Red (5 kicks)
- Sitting Stance with high blocks** - left and right on command