



WHITE - RED BELTS

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

DISCIPLINE

- Left and right high blocks stepping down the floor on command**
White-Yellow (2 blocks with proper steps)
Orange-Purple (4 blocks with proper steps)
Brown-Red (6 blocks with proper steps)

COORDINATION

- Climb over 2 sideways kick bags going there and back (4 times total)**
White-Yellow (can only fall 1 time)
Orange-Purple (no falling)
Brown-Red (vaulting - feet and butt don't touch the bag)

SOCIAL

- Demonstrate teamwork by helping clean up**

FOCUS

- Left and right punching and kicking drill on command**

SELF-CONTROL

- Hopping with feet together**
White-Yellow (1 hop)
Orange-Purple (3 hops)
Brown-Red (4 hops - front, back, side to side)
- Sitting stance punches through a small ring accurately**
White-Yellow (2 punches)
Orange-Purple (4 punches)
Brown-Red (6 punches)