



WHITE/LIL'HEROES BLACK - CAMO RED BELTS

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

DISCIPLINE

- Spiderman Form**
 1. Start from Chung Be
 2. Left middle block, punch at left 45 degree angle
 3. Right middle block, punch at right 45 degree angle
 4. Spiderman palm heel to the front
 5. Front Kick (Yell)
 6. Attention Stance

COORDINATION

- Jab, Cross, Front kick, Front Kick (both legs)**
 - White-Yellow (In place, instructor calls out strikes)
 - Orange-Purple (Moving, instructor calls out strikes)
 - Brown-Red (Moving, silent instructor)
- 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)

SOCIAL

- Demonstrate Stranger Bear Hug Escape**

Get low, hooks in, "stanger! stanger!", bite (pretend), run

FOCUS

- Board Break**

Palm Heel Strike
(Spiderman board break)

SELF-CONTROL

- Super Hero flying on a ball**
 - White-Yellow (Hands out to side - 3 sec)
 - Orange-Purple (Hands in front - 3 sec)
 - Brown-Red (Hands in front - 5 sec, Push and catch - hold pushup 5 sec)
- Jab, Cross through a small ring accurately**
 - White-Yellow (2 punches)
 - Orange-Purple (4 punches)
 - Brown-Red (6 punches)