



WHITE - RED BELTS

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

DISCIPLINE

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

COORDINATION

- Bear crawl**
White-Yellow (In a straight line)
Orange-Purple (Around obstacles)
Brown-Red (Zig Zag in and out of cones)

SOCIAL

- Demonstrate taking turns by holding a pad for a front kick then letting your partner hold the pad for you**

FOCUS

- Noise Awareness Drill**
From laying face down with eyes covered, hear a noise, jump up and punch and yell in that direction

SELF-CONTROL

- Running and stop a rolling ball from hitting the wall and roll it back with your hands**
- Sitting Stance with low blocks - left and right on command**