

WHITE/LIL'HEROES BLACK - CAMO RED BELTS

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

DISCIPLINE

- Batman/woman Form**
 1. Start from Chung Be
 2. Sitting stance one two punches, middle block (yell)
 3. Sitting stance one two punches, middle block (yell)
 4. Double knifehand strikes on one knee (Yell)
 5. Attention Stance

COORDINATION

- Jab, Cross, Side kick, side kick (both legs)**
 - White-Yellow (In place, instructor calls out strikes)
 - Orange-Purple (Moving, instructor calls out strikes)
 - Brown-Red (Moving, silent instructor)
- Crab Crawl**
 - White-Yellow (In a straight line)
 - Orange-Purple (Around obstacles)
 - Brown-Red (Zig Zag in and out of cones)

SOCIAL

- Demonstrate Stranger Defense**

Wrist Escape from sitting stance shouting "stanger! stanger!"

FOCUS

- Blindfold Focus Drill** - From fighting stance listen for commands and perform facing the correct direction they are coming from
 - White-Yellow ("punch" or "kick")
 - Orange-Purple ("jab" or "cross" or "front kick" or "side kick")
 - Brown-Red (combinations)
- Board Break**

Palm Heel

SELF-CONTROL

- Super Hero balance on a ball**
 - White-Yellow (Plank - 3 sec)
 - Orange-Purple (Plank & chest spin - 3 sec)
 - Brown-Red (Hands start on ball, Sprawl into plank & chest spin - 3 sec)
- Left and right low 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)