



WHITE - RED BELTS

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

DISCIPLINE

- Left and right low block 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

- Perform a left and right side kick over a kicking shield or rope without falling down.**
White-Yellow (2 kicks without falling)
Orange-Purple (4 kicks without falling)
Brown-Red (6 kicks without falling)

SOCIAL

- Demonstrate saying please and thank you when asking for a target pad**
- Demonstrate how to give and accept a compliment**
Smile and say "thank you, sir/ma'am"

FOCUS

- Stand at attention**
White-Yellow (5 seconds)
Orange-Purple (10 seconds)
Brown-Red (15 seconds)

SELF-CONTROL

- Running - start and stop on command**
White-Yellow (straight line)
Orange-Purple (around obstacles)
Brown-Red (zig-zag through obstacles)
- Sitting Stance with punches - start and stop on command**