WHITE BELT

Gold Stripe

Kick of the Belt: *Front Kick*

Record Your Progress:

Red Stripe

Practice Combinations:

Punch/Back Leg Front Kick
Jab/Punch

Record Your Progress:

White Stripe

Personal Project Worksheet:

Daily Goals- For Home, School, & Karate USA

EARN A STRIPE: Develop healthy habits by setting the following goals at home, school and martial arts and following through for 30 days in a row.

Green Stripe

Attack/Defend: *Wrist Grab*

Record Your Progress:

Blue Stripe

Form Practice:

8 Blocks
Horse Riding Stance / Front Stance

Record Your Progress: