# GOLD BELT

**Gold Stripe**

## **Kick of the Belt**: Side Kick

Record Your Progress:

**Red Stripe**

## **Practice Combinations:**

Side Kick/Punch
Step-Up Side Kick

Record Your Progress:

**White Stripe**

**Personal Project: Black Belt Focus**

*1,000 Reps—Big Goals accomplished a little bit each day*

*EARN A STRIPE:: *(Record Reps on the FOCUS Worksheet)*

**Green Stripe**

## **Attack/Defend:**
*Shoulder Grab*

Record Your Progress:

**Blue Stripe**

## **Form Practice**: Heian Shodan Sets

Left Down Block/ Front Stance – 3 High Blocks
Left Down Block/ Front Stance – 3 High Punches

Record Your Progress: