

## **ORANGE BELT**

**Gold Stripe** 

# **Kick of the Belt:** Wheel Kick

Record	Your	Prog	gress:

2									

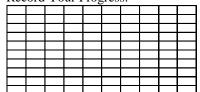
#### **Red Stripe**

### **Practice Combinations:**

Wheel Kick/Punch

Elbow Strikes: Front/Side/Back

Record Your Progress:



**White Stripe** 

**Personal Project:** 

50 Acts of Kindness for the Month of \_\_

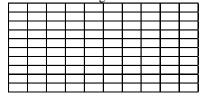
What is an AOK (Act Of Kindness)? An AOK is any small act on your part that helps another person without being asked – holding a door open, helping out around the house, picking up litter in your neighborhood, or just simply saying "Thank You,"

#### **Green Stripe**

## Attack/Defend:

Rear Attack: Two-Handed Choke

Record Your Progress:



#### **Blue Stripe**

## **Form Practice:**

Heian Shodan

Record Your Progress:

