Karate USA

GREEN BELT

Gold Stripe

Kick of the Belt:

Round Kicks –

Front Leg & Back Leg

Record Your Progress:

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Red Stripe

Practice Combinations:

Front Leg Round Kick/Back Hand Punch Back Leg Front Kick/Back Leg Round Kick/Punch

Rec ord Your Progress:

White Stripe

Personal Project:



*For a STRIPE: 30 Days of Healthy Eating!

Keep track of what you eat each day, the unhealthy foods you gave up, and you favorite recipes.

Green Stripe

Attack/Defend:

From the Front:

Two Handed Grab

Record Your Progress:

Blue Stripe

Form Practice:

Heian Shodan

Record Your Progress:

