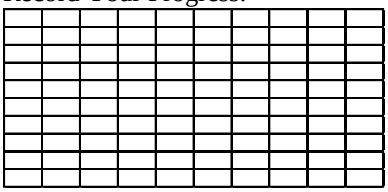
PURPLE BELT

Gold Stripe

Kick of the Belt: *Hook Kick*

Record Your Progress:

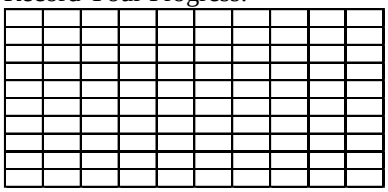


Red Stripe

Practice Combinations:

Front Leg Hook Kick/Jab/Punch
Front Leg Hook Kick/Back Leg Round Kick

Record Your Progress:



White Stripe

Personal Project:

Karate School Event/Competition

Name/Date of Event:

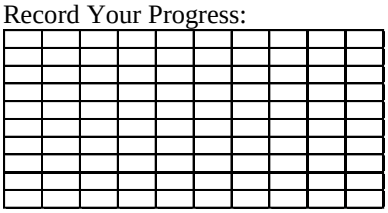
_____

Green Stripe

Attack/Defend:

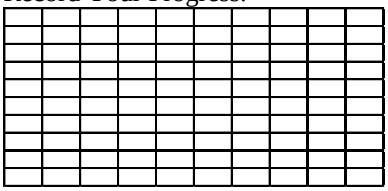
Rear Bear Hug Over the Arms

Record Your Progress:



Blue Stripe

Form Practice:

Heian Nidan

Record Your Progress: