PURPLE STRIPE

Gold Stripe

Kick of the Belt: *Ax Kick*

Record Your Progress:

Red Stripe

Practice Combinations:

Jab/Punch/Ax Kick
Back leg Ax Kick/Front Leg Round Kick/Punch

Record Your Progress:

White Stripe

Personal Project:

Excellent Grades
All *A's & B's*

What School do you attend?
What Grade are you in School?
What is your favorite subject?

Green Stripe

Attack/Defend:
Side Headlock

Record Your Progress:

Blue Stripe

Form Practice:
Heian Nidan

Record Your Progress: