BLUE BELT

Gold Stripe

Kick of the Belt:
Turn Side Kick

Record Your Progress:

Red Stripe

Practice Combinations:
Side Kick/Turn Side Kick/Punch
Back Leg Round Kick/Turn Side Kick/Punch

Record Your Progress:

White Stripe

Personal Project:

'A Journey of 100 Miles…'

*EARN A Stripe :Walk…
Bike…
Run…

Record your Distance for 30 days.

Green Stripe

Attack/Defend:
Front Push/(Punch)

Record Your Progress:

Blue Stripe

Form Practice: *Heian Sandan*

Record Your Progress: