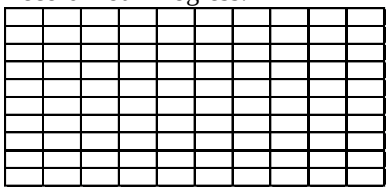
BLUE STRIPE

Gold Stripe

Kick of the Belt:
Turn Hook Kick

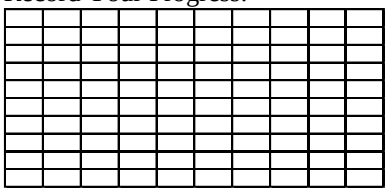
Record Your Progress:



Red Stripe

Practice Combinations:
Jab/Punch/Back Round Kick/Turn Hook Kick
Turn Hook Kick/Back Leg Round Kick/Punch

Record Your Progress:



White Stripe

Personal Project:

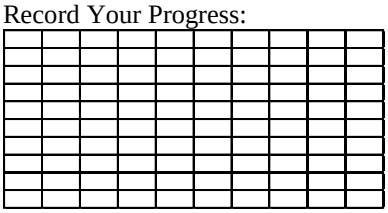
The Great Outdoors
"Go Take A Hike!"

Get with your parents or friends, find a trail in the woods and take a hike. Make a note of the different trees, birds, animals and insects you see along the way.

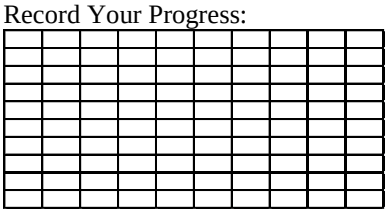
Green Stripe

Attack/Defend:
Rear Bear Hug Under Arms

Record Your Progress:



Blue Stripe

Form Practice:
Heian Sandan

Record Your Progress: