RED BELT

Gold Stripe

Kick of the Belt:
Spin Wheel Kick

Record Your Progress:

Red Stripe

Practice Combinations:
Jab/Punch/Front Leg Round/Spin Wheel
Spin Wheel Kick/Front Leg Round Kick/Punch

Record Your Progress:

White Stripe

Personal Project: Self Defense
Get together with a partner and practice your defenses to the following attacks:

Wrist Grab	Rear Choke	Shoulder Grab	Bear Hug Over arms
Hook Punch	Headlock	Front Choke	Bear Hug Under arms
Push/Punch	Rear Arm Bar	Choke on Ground	Front Tackle

Green Stripe

Attack/Defend:
1 or 2 Hand Front Grab

Record Your Progress:

Blue Stripe

Form Practice:
Heian Yondan

Record Your Progress: