RED STRIPE

Gold Stripe

Kick of the Belt:
Spin Hook Kick

Record Your Progress:

Red Stripe

Practice Combinations:
Back Leg Front Kick/Back Leg Round/Spin Hook
Jab/Punch/Hook Punch/Spin Hook Kick

Record Your Progress:

White Stripe

Personal Project:

Create a future for yourself

Answer on a separate sheet of paper

What do you want to be when you grow up?
What 5 things do you what to do in your life?
Where do you want to live?
Where do you want to visit around the globe?

Green Stripe

Attack/Defend:
Side Attack – Defend with Scissors Sweep

Record Your Progress:

Blue Stripe

Form Practice:
Heian Yondan

Record Your Progress: