BROWN BELT

Gold Stripe

Kick of the Belt:
Tornado Kick

Record Your Progress:

Red Stripe

Practice Combinations:
Round Kick/Tornado Kick/Spin Kick
Hook Kick-Round Kick-Side Kick/Jab/Punch

Record Your Progress:

White Stripe

Personal Project:

Teamwork

In a group of 2 or more, practice a Team Form together.
Demonstrate it at your Belt Graduation

Green Stripe

Attack/Defend:
Two Hand Choke on the Ground

Record Your Progress:

Blue Stripe

Form Practice:
Heian Godan (5)

Record Your Progress: