

# **BROWN STRIPE**

**Gold Stripe** 

## **Kick of the Belt:**

Flying Turn Side Kick

Record	Your	Progress:
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2								

#### **Red Stripe**

### **Practice Combinations:**

Back Round Kick/Turn Hook/Back Round/Tornado Jab/Punch/Elbow/Knee Strike/Round Kick

Record Your Progress:

White Stripe

Personal Project: Helping Others

Part 1: Initiate or take part in a fund raiser, food/toy/game drives to help people in our community.

Part 2: Keep a journal once per week. You will find a great reward in writing a few lines each week about your training for Black Belt, what you are feeling and how hard you are working to achieve your goal.

#### **Green Stripe**

## Attack/Defend:

Ground Defense - Attack with Punch

Record Your Progress:

#### **Blue Stripe**

### Form Practice:

Heian 1-5 & Tekki Shodan

Record Your Progress:

