

## STRIPE SYSTEM WHITE - BROWN/BLACK BELT

Week	Color		Material Covered
1	Blue	Fitness	Obstacle course, running, calistenics
2-3	Black	Sets	See requirements chart
4	Green	Basics	Blocks, Punches, Kicks, Combinations, Stances, Foot maneuvers
5-6	Red	Self Defense	Techniques (see jr requirements chart)
7	Yellow	Special	Project for week determined by instructors
8			This week is used to work toward earning missed stripes.

\*\*\* Jr. Black belts must complete Black, Green, Red & Yellow stripes to advance to next rank. Testing determined by instructor. All requirements from requirements chart for rank must be completed.

