

Yellow Stripe

Stances (Fighting Stance)

Orange Stripe

Kicking Techniques (Roundhouse kick in Horse Stance)

Green Stripe

Striking Techniques (Finger to Eyes)

Blue Stripe

Breakfalls (Number 4 and 5)

Purple Stripe

Takedowns (Ankle Knee Takedown)

Red Stripe

Hold Escapes

One hand on each wrist

Bear hug over arms from the rear

Brown Stripe

Courage

1 wrist grab by adult

1 wrist grab pulling by adult

Perseverance (Hold for 15 seconds)

Push-Up position

Squat position

Banana position

Bridge position

Speed

Must kick a target 20 times in 15 seconds