

Orange Stripe

Kicking Techniques (Roundhouse in defensive stance and Advanced shin kick)

Green Stripe

Striking (Jab and Cross)

Blue Stripe

Breakfall (Number 8)

Purple Stripe

Takedowns (One leg takedown kneeling)

Red Stripe

Hold Escapes

Bear hug over the arms from side

Double rear arm pin

Brown Stripe

Courage

One arm grab from behind

Foot push off

Perseverance (Active exercises for 15 reps)

Intermediate Push-Up position

Squat touching the ground

Dish pulling legs in

Bridge with kicks

Speed

Must kick a target 35 times in 30 seconds