

Yellow Stripe

Blocking Techniques (4 corner blocking, Turtle blocking and Thigh block)

Blue Stripe

Breakfall number 7

Purple Stripe

Takedowns (Hip Throw)

Red Stripe

Hold Escapes

Two hands on one wrist

Bear hug under the arms front

Brown Stripe

Courage

Bear hug under the arms rear lifting by adult

Bear hug over the arms rear lifting by adult

Perseverance (Active exercises for 10 reps)

Intermediate Push-Up position

Squat touching the ground

Dish pulling legs in

Bridge with kicks

Speed

Must kick a target 30 times in 30 seconds