

Orange Stripe

Kicking (Side kick in Defensive Stance)

Green Stripe

Strikes (Bottom Fist)

Blue Stripe

Breakfall (Number 9 and 10)

Red Stripe

Hold Escapes

Bear hug over the arms front lifting

Bear hug under the arms front lifting

Brown Stripe

Courage

Body shifting rock and roll

Perseverance (Active exercises for 15 reps)

Push-Up position

Squat jump tucks

Leg raise

Bridge with shoulder taps

Concentration

First 6 elbow strikes