

Orange Stripe

Kicking (Side kick in Horse Stance)

Green Stripe

Strikes (Hook Punch, Uppercut and  $\frac{3}{4}$  Turn punch)

Blue Stripe

Breakfall (Number 6)

Purple Stripe

Takedowns (Neck Throw)

Red Stripe

Hold Escapes

Bear hug over the arms rear lifting

Bear hug under the arms rear lifting

Brown Stripe

Courage

Bear hug under the arms from front

Perseverance (Active exercises for 20 reps)

Intermediate Push-Up position

Squat touching the ground

Dish pulling legs in

Bridge with kicks

Speed

Must kick a target 40 times in 30 seconds