

RED STRIPE

(Basic 10th to 6th Kyu)

- **100 Front Kicks**
- **100 Side Kicks**
- **100 Round Kicks**
- **50 Hook Kicks**
- **250 Jumping Jacks**
- **2 1 Minute Jujitsu Matches**

(Adv. 5th to 1st Kyu)

(In addition to above items)

- **10 Reps Makiwara / Bag**
- **500 Punches**
- **5 2 Man Kumite Match**
- **5 5 Minute Jujitsu Matches**

BLUE STRIPE

(Basic 10th to 6th Kyu)

- **20 Each Kata Reps**
- **40 Kumite Matches**
- **20 Rep All Self Defense**
- **20 Rep All Blocks**
- **15 Acts of Kindness**

(Adv. 5th to 1st Kyu)

(In addition to above items)

- **20 Rep All Self Defense II**
- **10 Acts of Kindness**
- **30 Each Ippon Kumite**
- **20 Rep Weapon Kata**

BLACK STRIPE

(Basic 10th to 6th Kyu)

- **2 Days Per Week**
- **Attend Required Events**
- **Attend Mand. Functions**
- **Help Clean Dojo**
- **Maintain Good Grades**

(Adv. 5th to 1st Kyu)

(In addition to above items)

- **Give Referrals VIP**
- **2 Extra Classes/Month**
- **Help Other Students during classes at the Dojo**

SHODAN HO ONLY

- **20 Teaching Hours**