

## **Dragon Checklist**

**Belt Test is Saturday, February 22nd**

**Red Tip testing takes place in class the week of the 17th**

Red tip testing will be taking place in class prior to promotion. When students pass red tip testing, they can be registered for belt promotion directly on the website.

### **Dragons:**

#### **Gold & orange stripe**

- 5 jumping jacks
- Attention stance & karate stances
- Frog jumps
- Following directions and being a good friend in class

#### **purple & blue stripe**

- Previous +
- Star block set
- Back fist
- Front kicks

#### **Green & brown stripe**

- Previous +
- Back leg round kick
- Reverse punch
- 2 push ups

## **Ninja Checklist**

**Belt Test is Saturday, February 22nd**

**Red Tip testing takes place in class the week of the 17th**

Red tip testing will be taking place in class prior to promotion. When students pass red tip testing, they can be registered for belt promotion directly on the website.

### **Ninjas:**

#### **White & red stripe**

- Attention stance & karate stances
- Star block set
- Following directions
- Using teamwork in class
- Front kicks
- Rear round kicks

#### **Orange & purple stripe**

- Previous +
- Slide up side kick
- Hook kick
- Kumite 2 with help

#### **Blue & green stripe**

- Previous +
- Kumite 2 with limited help
- Flying side kick
- Partner work

#### **Brown stripe**

- Previous +
- Kumite 2 independently
- Jump front kicks
- Double round kicks

#### **Orange with white stripe**

- All previous without help

