

September 30th Belt Promotion

Ninjas & Dragons 10:15am

Red tip testing will be taking place the **week of September 18th**. 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

September 30th Belt Promotion

Ninjas & Dragons 10:15am

Red tip testing will be taking place the **week of September 18th**. 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

