

### STRIPE 6

2, 3, 6, 9 count sinawali  
Redondo  
Back hand left, slide side kick  
Left right strikes, front kick

### STRIPE 5

Palgwe 2  
Palgwe 4  
Palgwe 5

### STRIPE 4

Pop up side kick  
Slide hook kick  
Slide hook round  
Combo: slide side kick, pop up side kick

### STRIPE 3

Retreating counters  
Controlled free sparring

### STRIPE 2

Shoulder roll  
Side fall  
Single leg takedown  
Defense to tackle  
Defense to front choke  
Scissor sweep from the guard  
Bump & roll

### STRIPE 1

Basic 4 kickboxing combos w/ Muay Thai kicks  
Quick counters w/ Muay Thai kicks vs:  
jab, cross, high hooks, low hooks, uppercuts

### What does it mean to be 'in the zone?'

- *Getting completely focused on your goal and committing to the challenge*

### What does it mean to 'eat like a champion?'

- *Eating foods that are good for your body*

### What foods promote good results?

- *Fruits, veggies, beans, seeds, nuts, whole grains, water, etc.*
- *Do your best to avoid processed foods and refined sugars*

### What does it mean to give 110%?

- *Pushing beyond your limits*