

BEGINNER BELTS

KIDS 4-6

STRIPE 4: Kicking

Front kick in the air
Front kick on a target

STRIPE 3: Punching

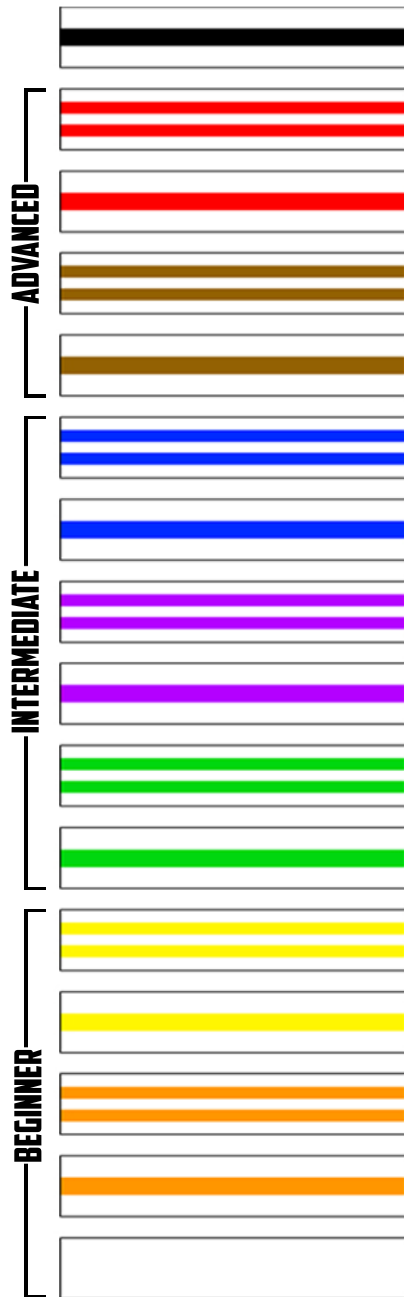
Front hand jab
Rear hand cross

STRIPE 2: Footwork / Agility

Switching feet
Half step
Ducking & jumping
Standing on one foot

STRIPE 1: Power Positions

Attention
Bow
Guarding Stance



PHILOSOPHY & TERMINOLOGY

What do we say when we go to attention?

- *Focus!*

What are the 3 rules of focus?

- *Focus your eyes*
- *Focus your mind*
- *Focus your body*

What do we say when we bow?

- *Respect!*

What is respect?

- *Treating others the way I want to be treated*

What is the name of your martial arts studio?

- *Dynamic Martial Arts*

What are your instructors' names?

