

**STRIPE 6**

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

**STRIPE 5**

Palgwe 2            Palgwe 4            Palgwe 5  
Palgwe 6            Palgwe 7

**STRIPE 4**

360 roundhouse kick  
Combo: Roundhouse, 360 round, wheel kick

**STRIPE 3**

Controlled free sparring

**STRIPE 2**

Shoulder roll  
Side fall  
Single leg takedown  
Ground defense w/ knees  
Defense to tackle  
Defense to front choke  
Defense to bear hug  
Defense to head lock  
Scissor sweep from the guard  
Bump & roll  
Passing the guard  
Escape side control

**STRIPE 1**

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

**What is CANI?**

- *Constant and never-ending improvement*

**Who coined this phrase?**

- *Anthony Robbins - A Motivational Speaker who talks to people about developing a positive, strong, well rounded mental attitude and habits.*

**What does the Japanese word 'kaizen' mean?**

- *The Japanese have a single word for "constant and never-ending improvement" and it's called "Kaizen." Kaizen is from the Japanese words Kai and Zen where "kai" means change and "zen" means good. Yes folks, change is good!*

**Memorize all of 'Attitude' by Charles Swindoll**

- *The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.*

*The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...*

*I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes.*