

INTERMEDIATE BELTS

KIDS 4-6

STRIPE 4: Kicking

Front kick (front and back leg)
Roundhouse kick (front and back leg)

STRIPE 3: Punching

Jab (front hand with a half step)
Cross (rear hand, twist the body)
Hook (elbow up, twist the body)

STRIPE 2: Footwork / Agility

Half step
Slide step
Full step
Rolling (somersault)
Precision jumping (jumping and landing on a specific spot)

STRIPE 1: Power Positions

Horse stance
Front stance
Ready position
Middle punch (from Ready position, Horse stance, or Front stance)



PHILOSOPHY & TERMINOLOGY

What do we say when we go to ready position?

- *Ready now sir!*

In ready position, what are we ready for?

- *Ready to take action NOW!*

What is self-control?

- *Controlling your mind, mouth, and body*

What does it mean to be a first time listener?

- *Listening the first time we are asked to do something*

How can you be a leader?

- *Set a good example*

Where can you set a good example?

- *In martial arts class*
- *At school*
- *At home*
- *EVERYWHERE!*