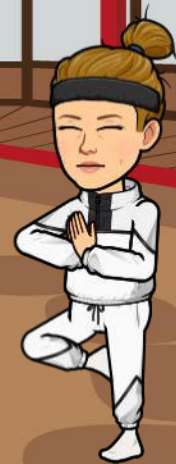
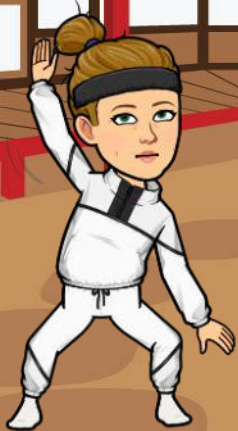




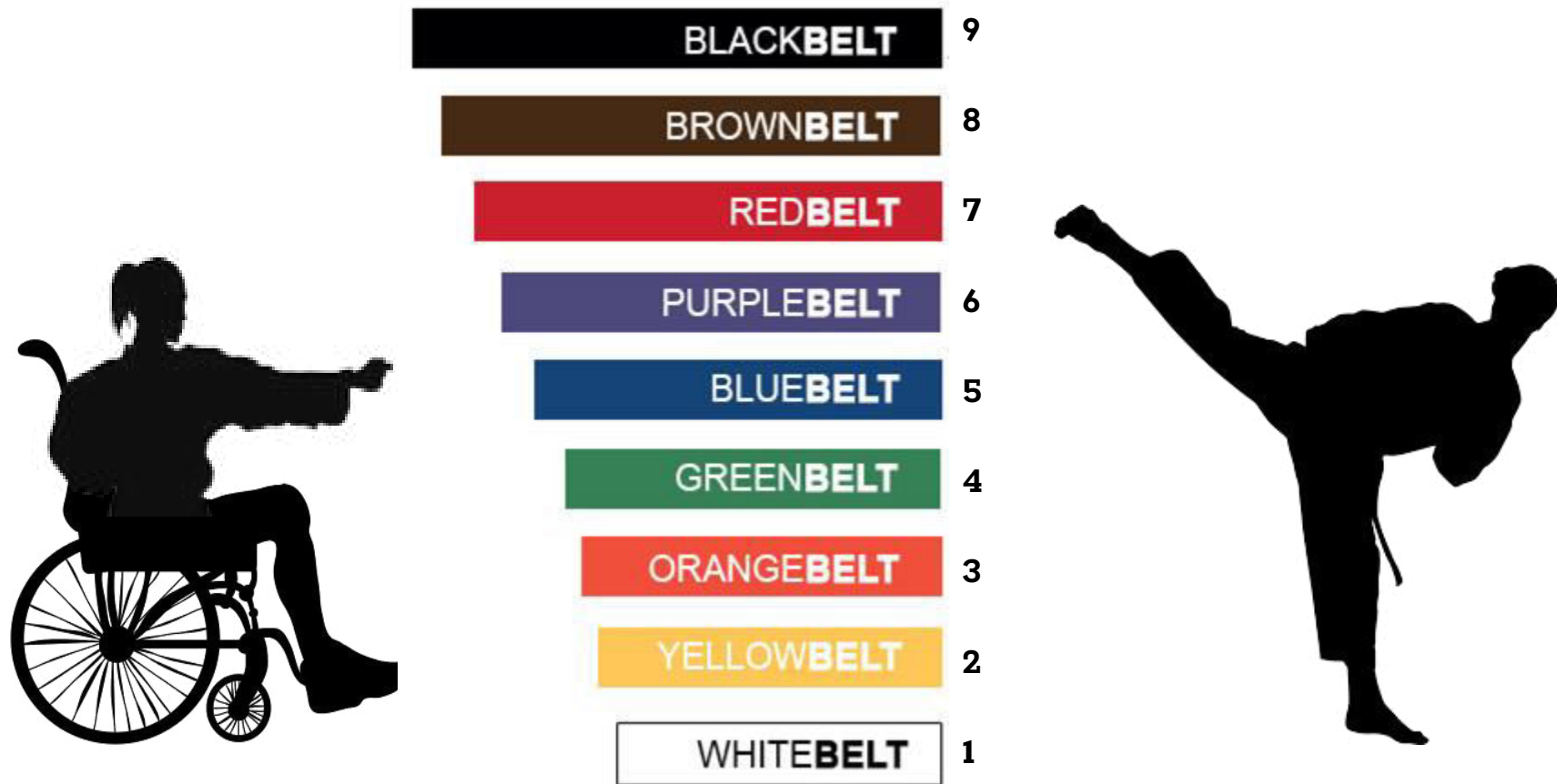
**Welcome, young  
grasshoppers! Today  
we will be practicing  
martial arts in the dojo  
behind me.**

## **RULES OF THE DOJO**

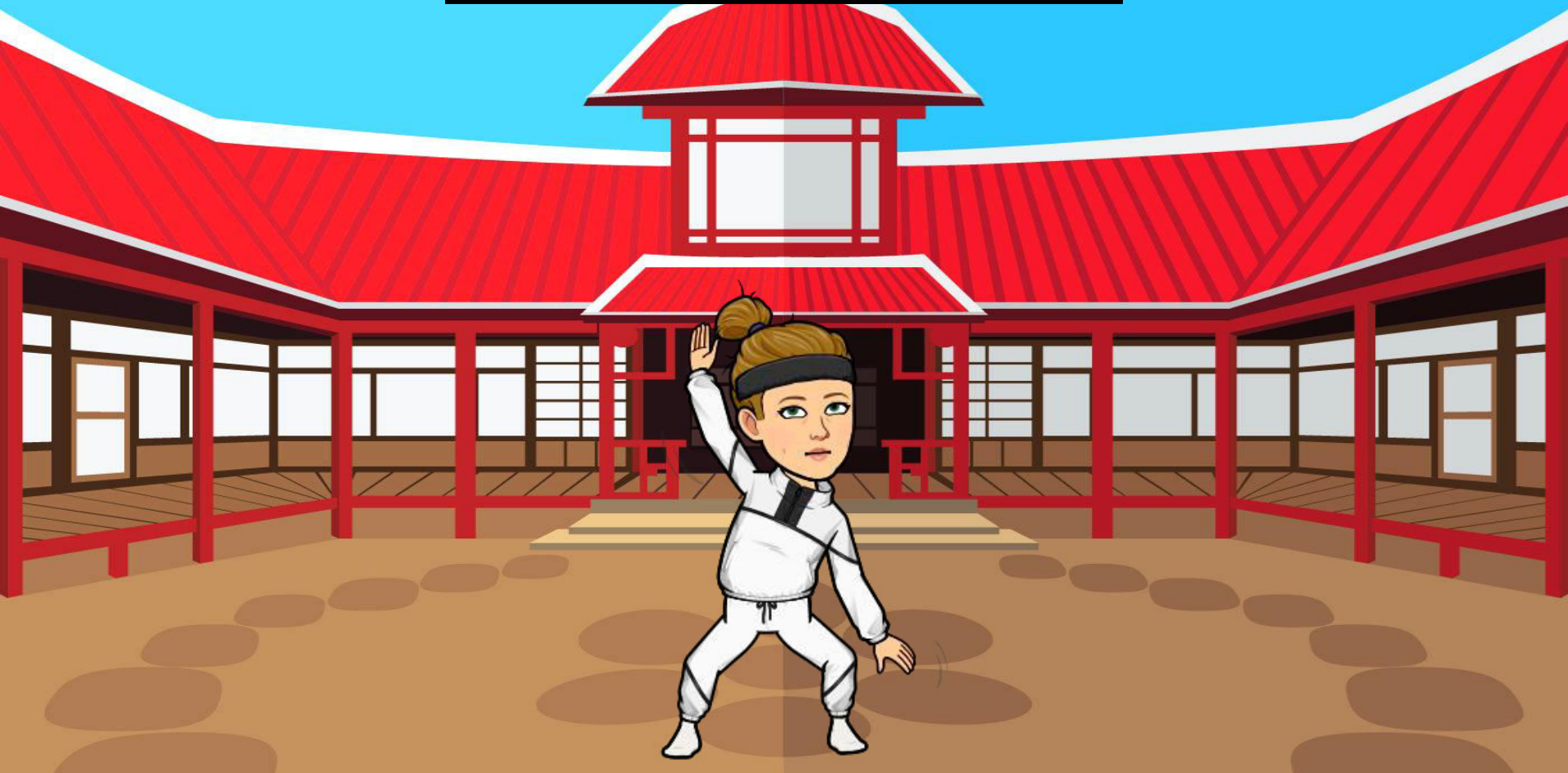
- 1. Show respect to yourself, others, and your practice**
- 2. Our moves are to be used in practice only**
- 3. Work hard and try your best**
- 4. Complete each round of exercises for the amount of time to earn the next belt**



# MARTIAL ARTS BELT ORDER



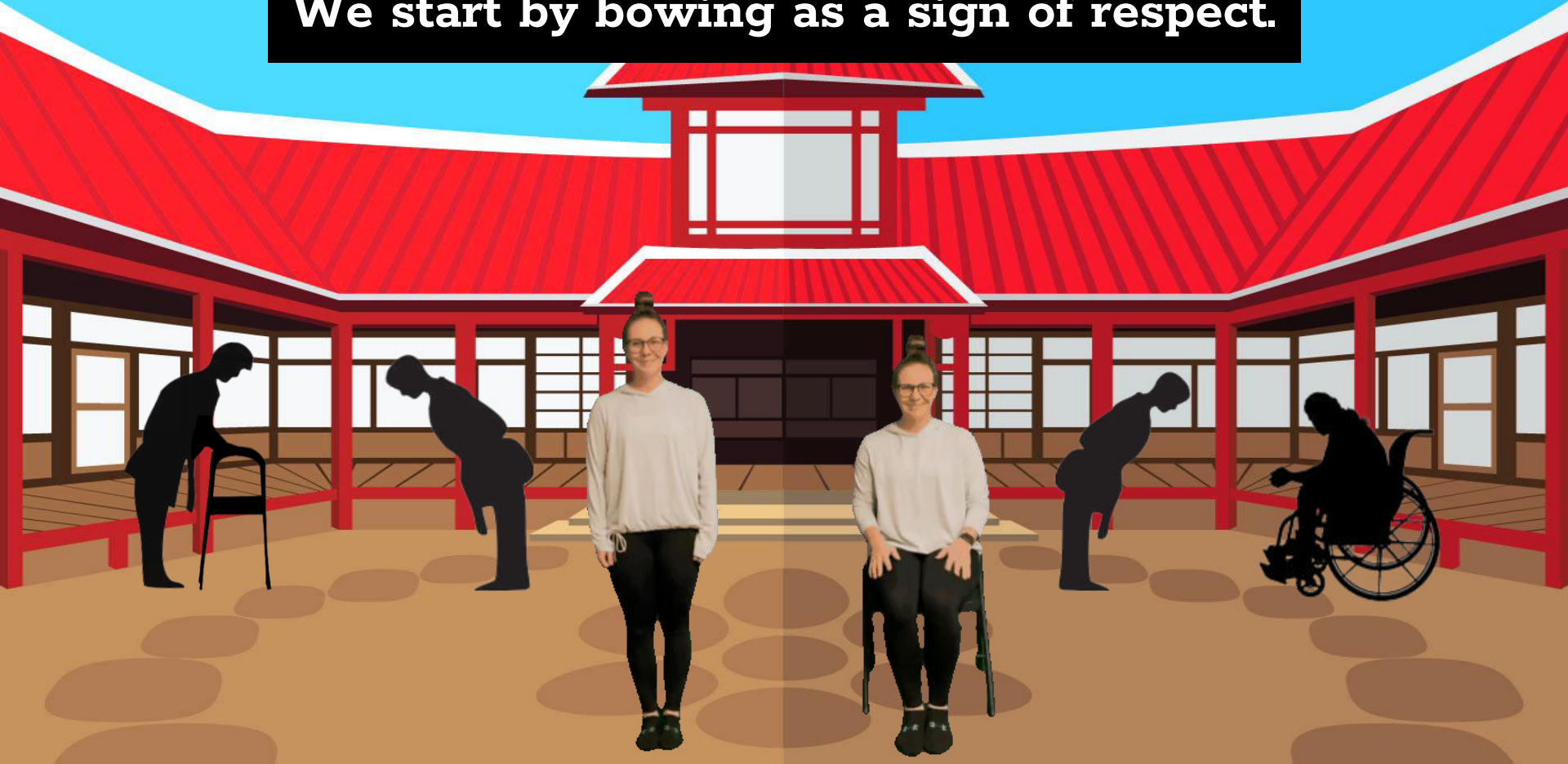
**TIME TO WARM-UP**







**LET'S BEGIN OUR TRAINING!**  
**We start by bowing as a sign of respect.**



# WHITE BELT TRAINING



60



Low

Punches

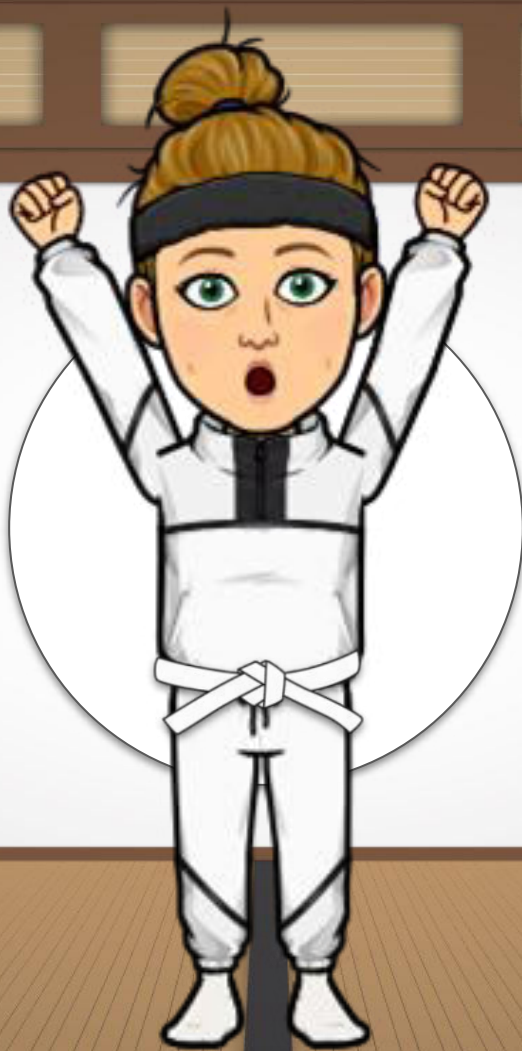
# WHITE BELT TRAINING



60

## High Punches





**Congratulations!**

**You have earned  
the WHITE belt.**

# **YELLOW** BELT TRAINING



60

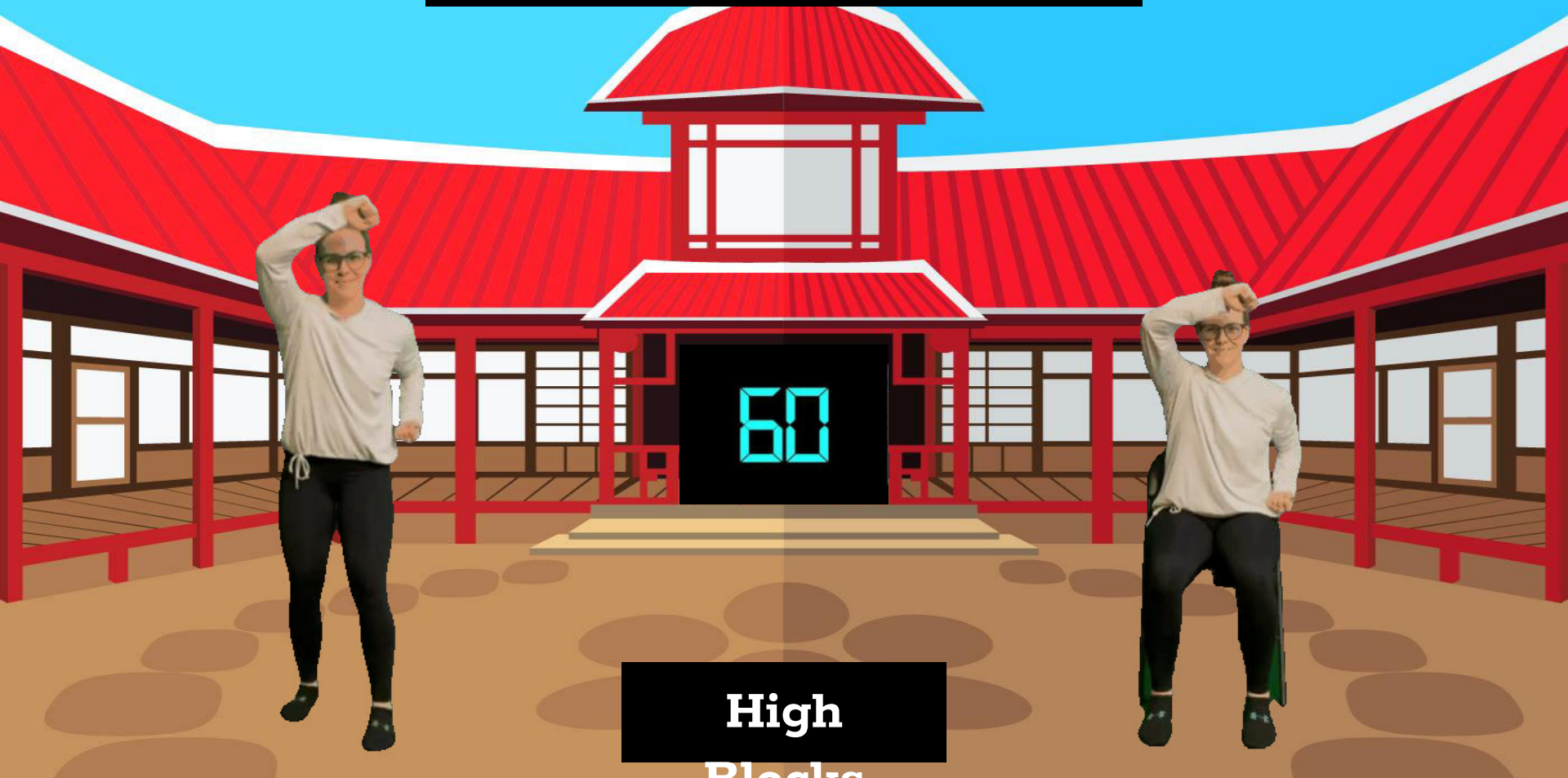
**Low Blocks**

# **YELLOW** BELT TRAINING



**Side Blocks**

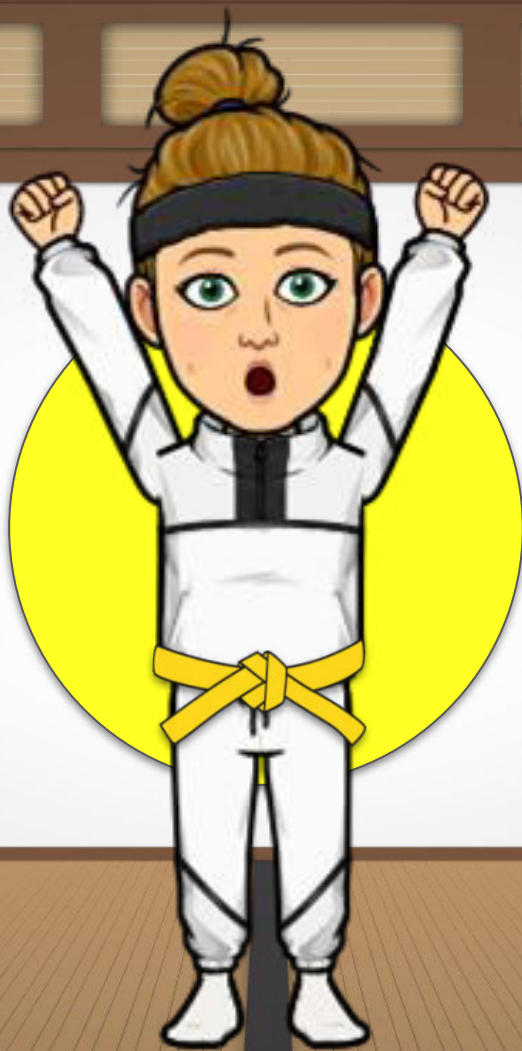
# **YELLOW** BELT TRAINING



**High**

**Block**





**Congratulations!**

**You have earned  
the YELLOW belt.**

# ORANGE BELT TRAINING

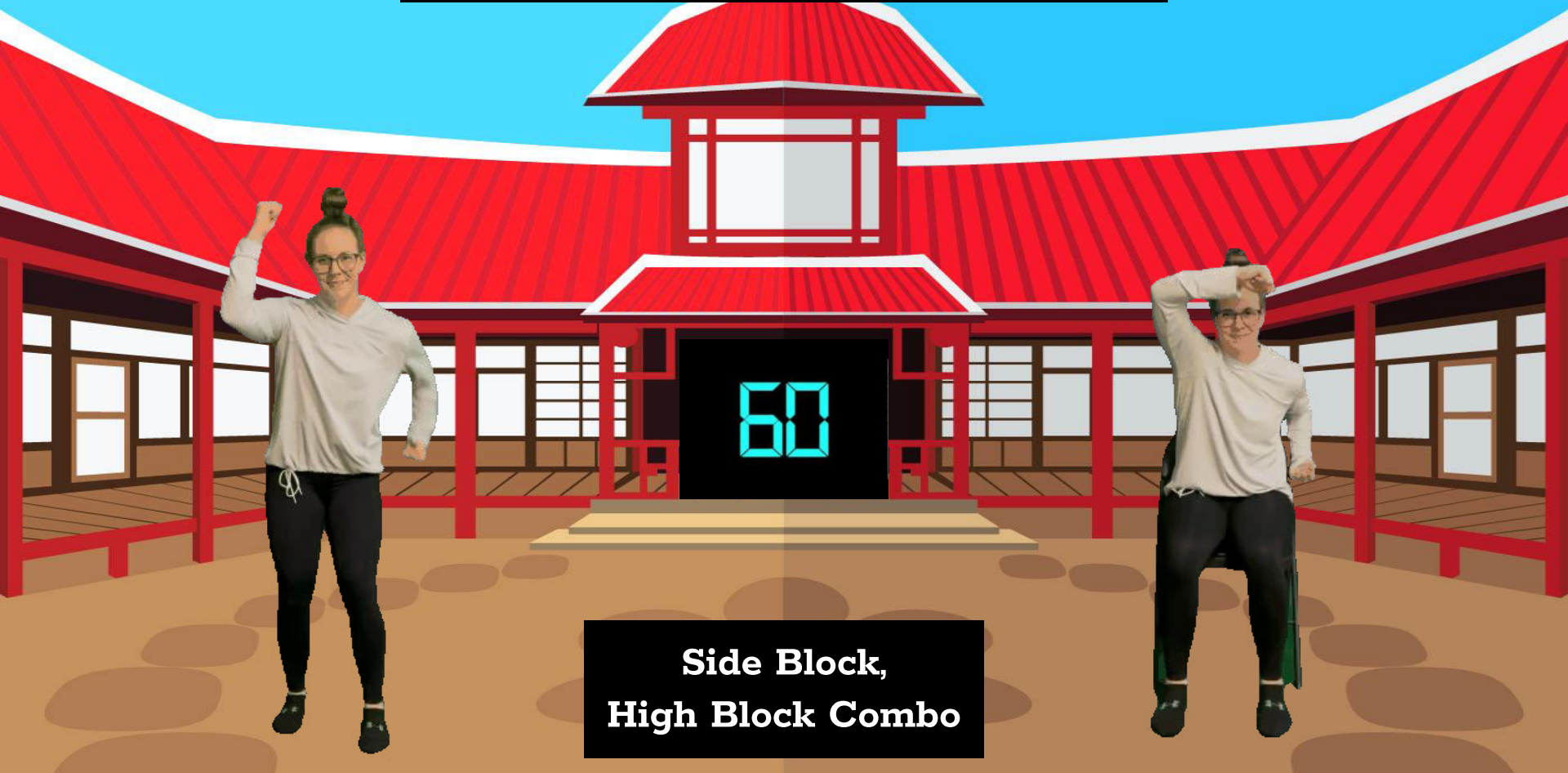


60



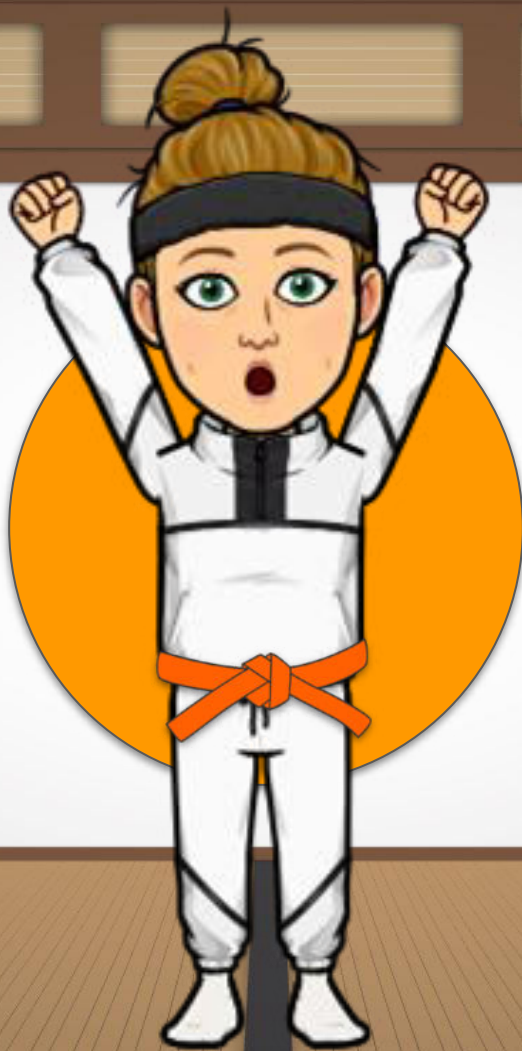
Low Punch,  
High Punch Combo

# ORANGE BELT TRAINING



60

Side Block,  
High Block Combo



**Congratulations!**

**You have earned  
the ORANGE belt.**



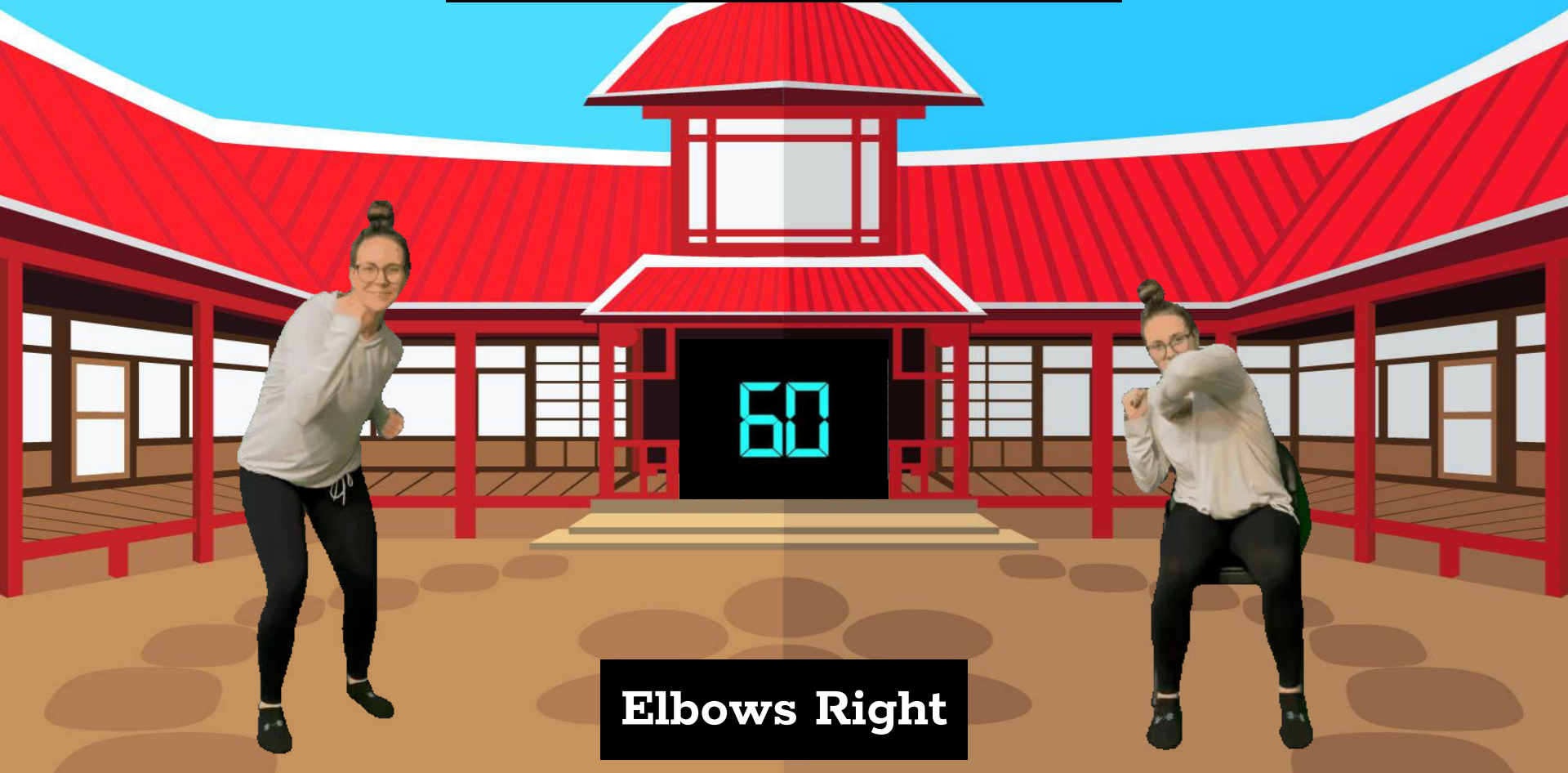
# GREEN BELT TRAINING

60

Elbows Left

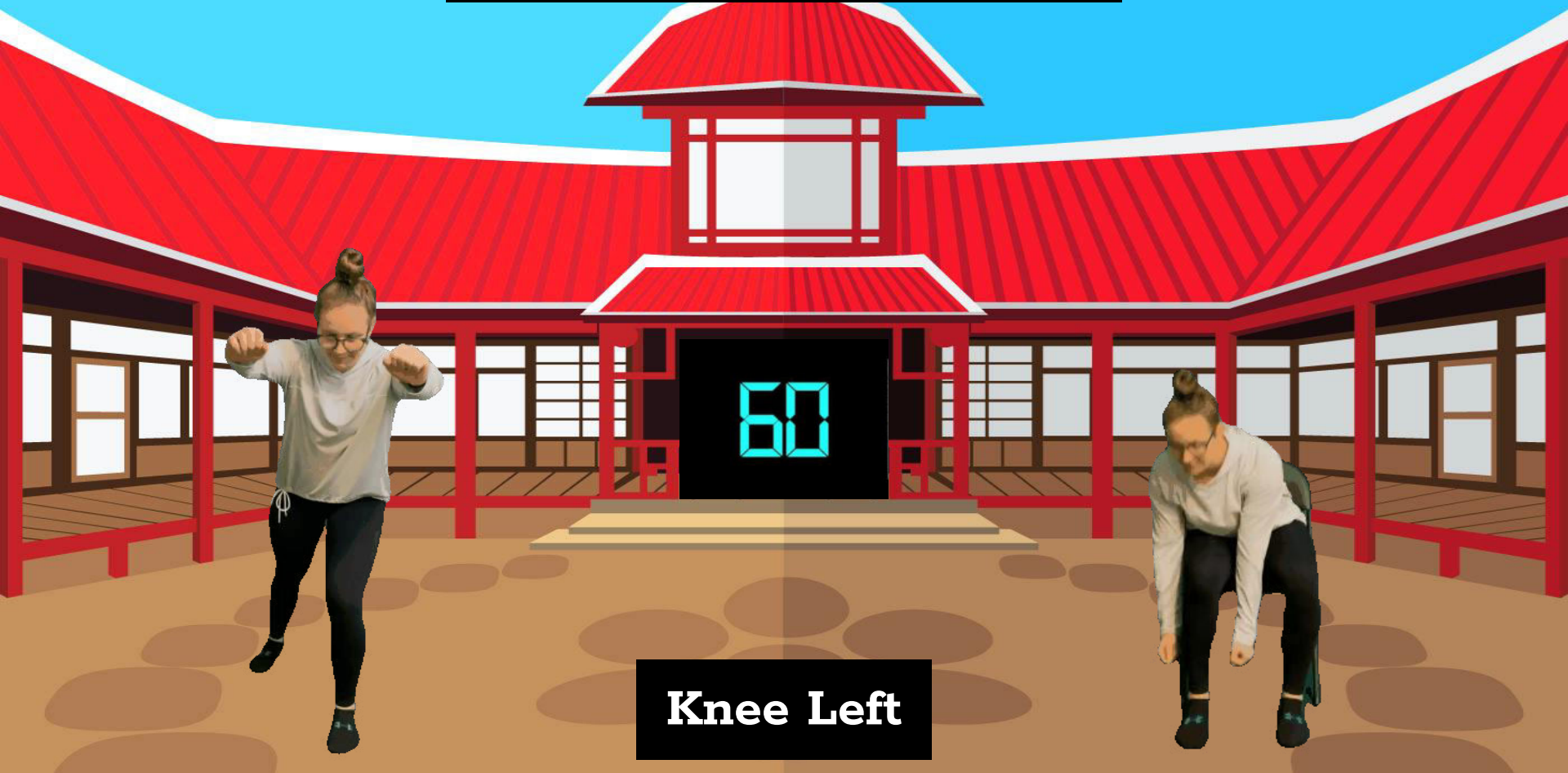


# GREEN BELT TRAINING



Elbows Right

# GREEN BELT TRAINING



60

Knee Left



# GREEN BELT TRAINING



60

Knee Right







**Congratulations!**

**You have earned  
the GREEN belt.**

# BLUE BELT TRAINING



**High Punch,  
Elbows Combo**

# BLUE BELT TRAINING

60

Low Punch,  
High Punch,  
Two Knees

Combo





**Congratulations!**

**You have earned  
the BLUE belt.**



# PURPLE BELT TRAINING



60

Front Kick Left

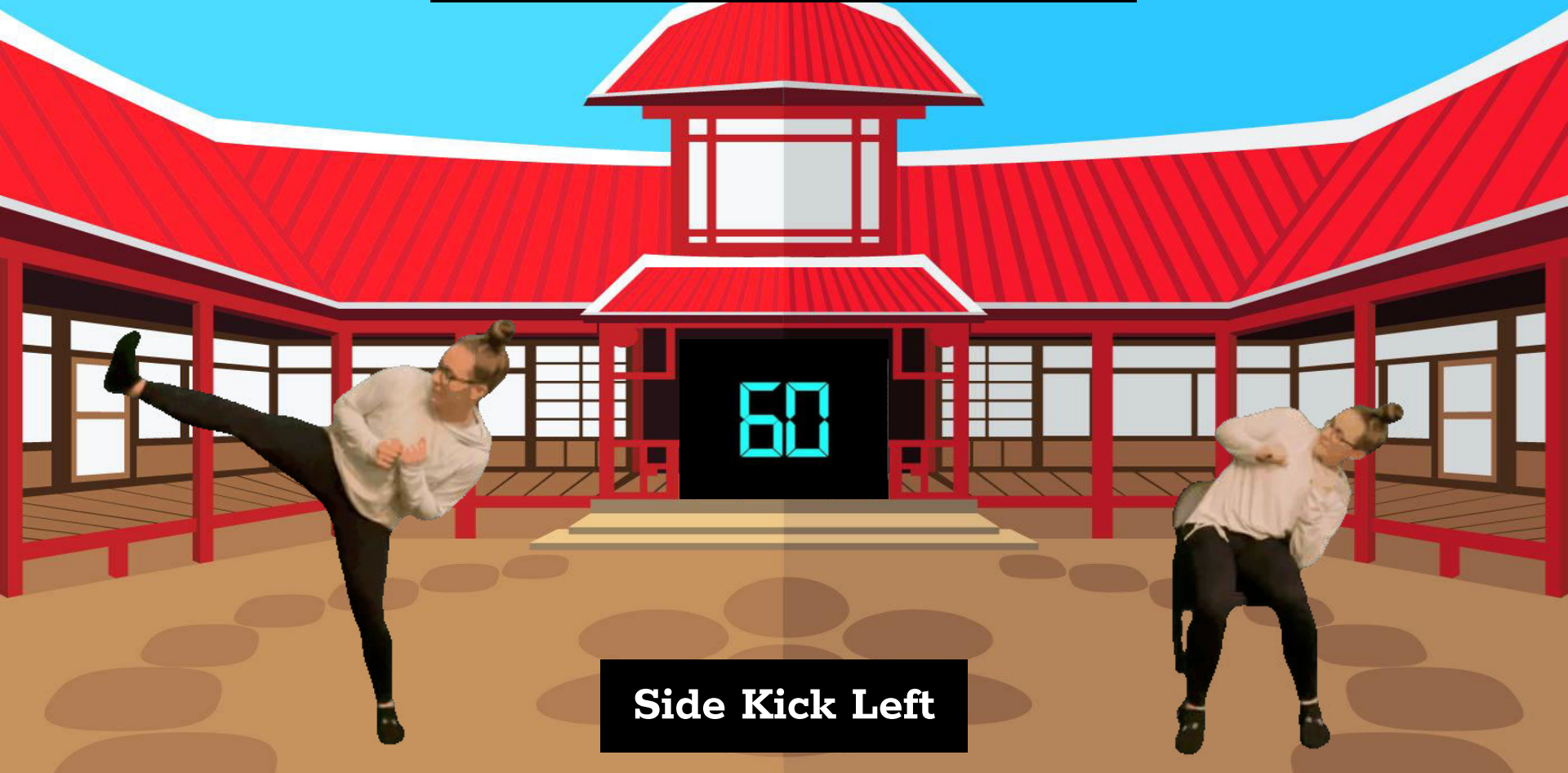


# PURPLE BELT TRAINING



Front Kick Right

# PURPLE BELT TRAINING

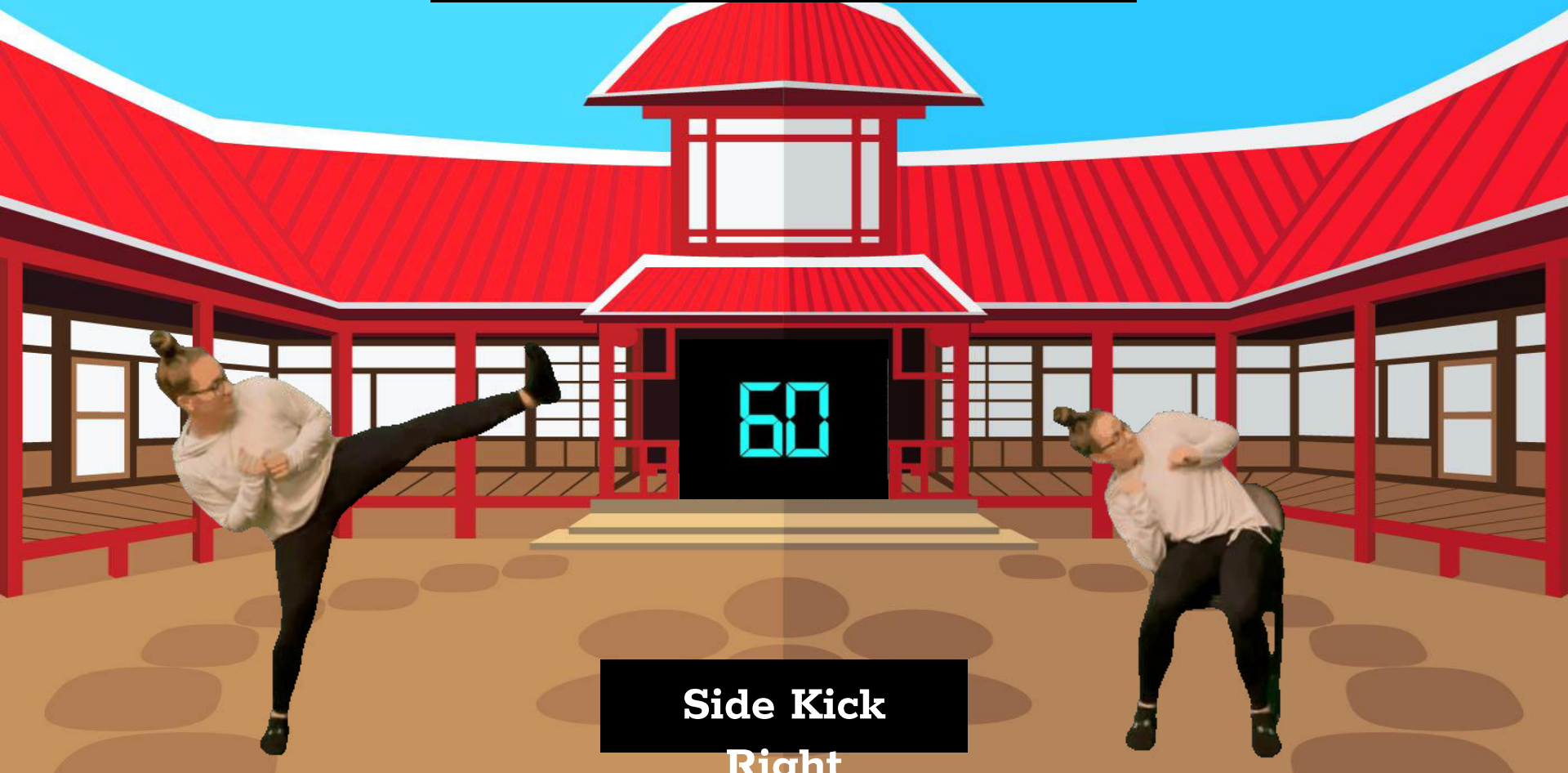


60

Side Kick Left



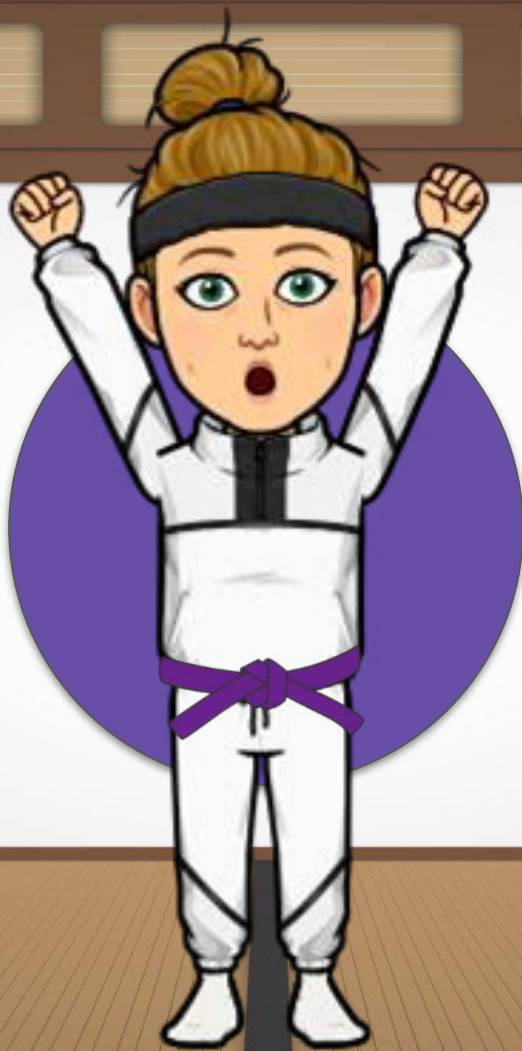
# PURPLE BELT TRAINING



Side Kick

Right





**Congratulations!**

**You have earned  
the PURPLE belt.**

# RED BELT TRAINING



60

Roundhouse Kick Left

# RED BELT TRAINING



Roundhouse Kick

Right

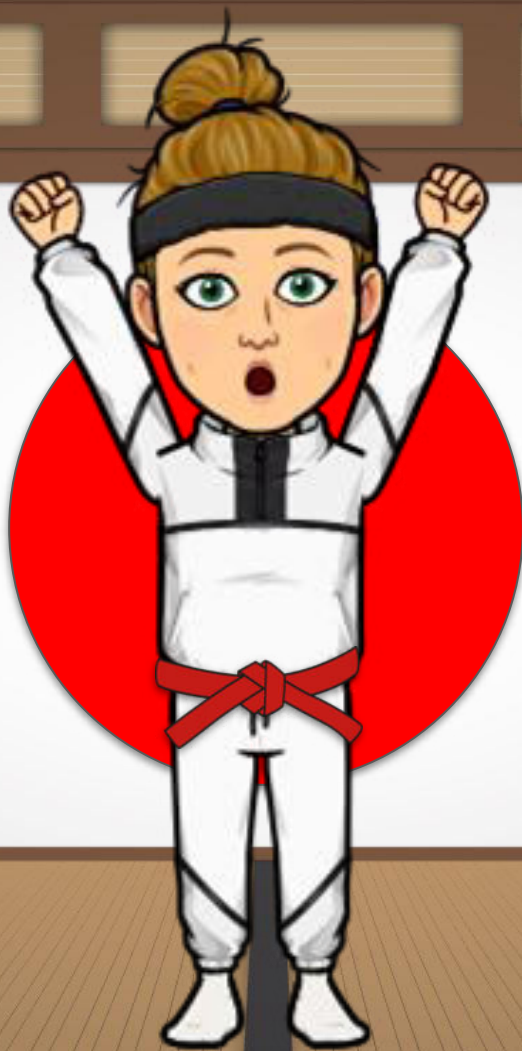
# **RED** BELT TRAINING

60

**Side Block,  
Roundhouse Kick Combo**







**Congratulations!**

**You have earned  
the RED belt.**

# BROWN BELT TRAINING

60

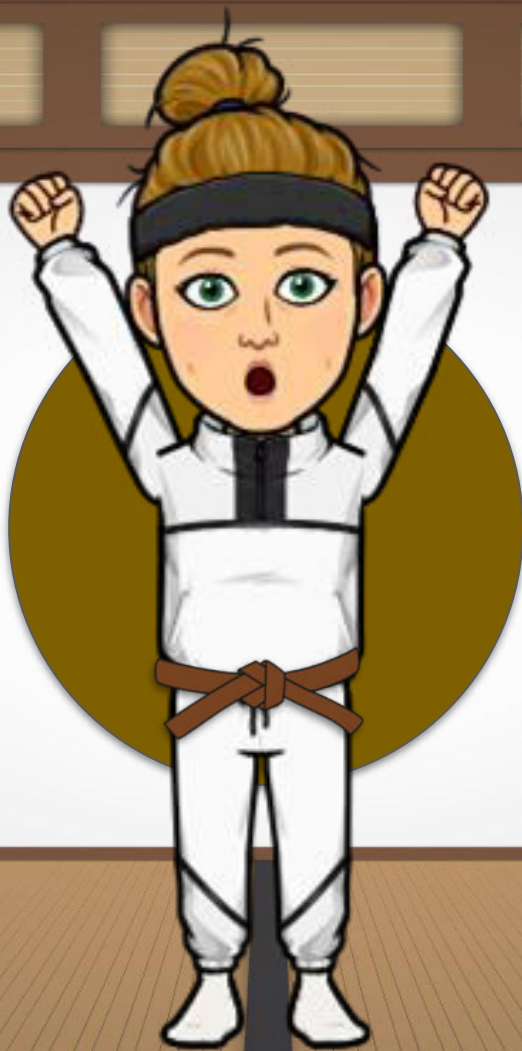
Knee,  
Side Kick,  
Low Punch Combo



# **BROWN BELT TRAINING**

60

**High Punch,  
High Block,  
Front Kick Combo**



**Congratulations!**

**You have earned  
the BROWN belt.**



# BLACK BELT TRAINING



60

Low Punch,  
High Punch,  
Elbows,  
Knee,  
Front Kick Combo





# TIME TO COOL DOWN





**Arm Stretch Left**

**14**

**Arm Stretch Left**



