

Black Stripe Warrior

Little Warrior Skills

Green Stripe:

Blocking Drill
Low Block/Backfist
with each side

Blue Stripe:

Combination
Jab/Punch/Back Leg
Front Kick
with each side

Purple Stripe:

Stances
Attention
Ready
Front
Back
Sitting
Fighting
Open Guard

Red Stripe:

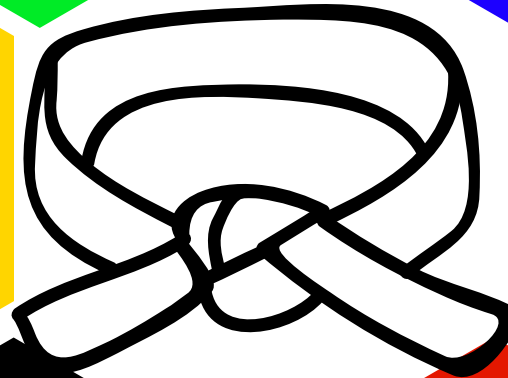
One-Step
-Start from open guard
-Right foot steps back to
fighting stance
-Left outside block
-Right palm heel
-Right front kick

Black Stripe:

Combative
-Step back with right
foot to open guard
-Left side kick
-Left back fist
-Right punch
-Get back

Yellow Stripe:

Tenets of Taekwondo
Respect
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit



"Stripes" are awarded during classes.
A Black Stripe Warrior is ready to test when they receive all stripes.

www.leandertkd.com
www.thetkdcoach.com