



## KARATE BELT “STRIPE” REWARD SYSTEM

Leap4Fun Karate/Gymnastics teaches young children how to set goals and achieve them in a proven system that increases their self-esteem. The American Martial Arts Federation recognizes this program as a starter program for pre-school and elementary school children.

**BLUE STRIPE:** Rewarded to students who excel in courtesy, respect, self-discipline, self-control, self-confidence, concentration, and spirit. These will be given once a month.

**BROWN STRIPE:** The student will recite their Karate Oath in front of the class: “I’m a good Karate Kid, I have self-control, I have self-discipline. I do not use karate on friends and family, I only use karate in karate class. Power – Wisdom. I use my wisdom to control my power, I think before I act, I’m a winner!”

**WHITE STRIPE:** The student is required to know necessary safety information; his/her full name, their guardians' full names, their phone number, street address, and city/state.

**YELLOW STRIPE:** This stripe is given when the student can demonstrate our white belt combination. This combination includes cross punches, outside blocks, and sweep kicks.

**RED STRIPE:** In class, the students will be working on assessing a situation, dialing 9-1-1, asking for help, and explaining the situation. (If you would like to work on this with your child, there is an app. to download on your phone called – "Ready Set Dial" by Little bit Studio.)

**PURPLE STRIPE:** In class, the student will be working on correctly demonstrating the following gymnastics skills: forward roll, backward roll, cartwheel, and a five-second bridge.

**ORANGE STRIPE:** The stripe will be rewarded when demonstrating the following basic Tae Kwon Do moves: 5 basic blocks (high block, low block, inside block, outside block, and double outside block) and five basic kicks (front kick, side kick, roundhouse kick, crescent kick, and an ax kick).

**GREEN STRIPE:** This stripe is given when children can demonstrate their self-defense moves, including hammer fists, peppering, high elbow strikes, shin kicks.

**PINK STRIPE:** This stripe is given when the student can explain how and when it's okay to say 'NO.'

**SILVER STRIPE:** The student must explain how to tell if someone is a "bad guy," name five safe zones, and demonstrate how to get to a safe zone and ask for help.

**BLACK STRIPE:** This stripe is earned when all the above stripes have been attained, along with demonstrating their “10 step” kata “Tae Gu Cho Dan,” and they are ready to test for their yellow belt.

Your child will receive their white belt during class. The children's belts will be kept in a box at the school to ensure the children will have them on class day. If you take your child's belt home, please make sure it is brought back to school the first week of every month. Please feel free to contact us for further questions at 702-433-5404 or email at Leap4FunKids@gmail.