



## 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.

### PRESCHOOL STUDENTS – LITTLE DRAGONS

**BLUE STRIPE:** Rewarded to students, once a month, 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 use karate only in karate class. Power – Wisdom. I use my wisdom to control my power, I think before I act, I'm a winner!"

**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).

**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.)

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

### ELEMENTARY STUDENTS – TIGERS

(preschool stripes and stripes below)

**SILVER STRIPE:** This stripe is given when the student can explain how and when it's okay to say 'NO.' The student must also explain how to tell if someone is a "bad guy," and demonstrate how to get to a safe zone and ask for help.

**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.

**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.

**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 preschool children's belts will be kept in a box at the school to ensure the children will have them on class day. Please feel free to contact us for further questions at 702-433-5404 or email at Leap4FunKids@gmail.