

Yellow stripe	Green stripe	Blue stripe	Purple/ White	Red stripe	Brown stripe
Attention	SS RB P	WS Rising BLK	WS low block	WS SKick punch	WS S KICK DP
Bow	WS Punch	WS RB P	WS LB P	WS LB/ RB	S S B B
Ready	WS Rising blk	WS D P			WS LB/RB/P
SS Punch	WS Rising kicks				
SS DP		Balance one leg	Balance one knee	Bal.. Knee behind	balance side leg
SS RB		Calf stretching	10 squat thrusts	15 squat thrusts	20 squat thrusts
	5 Squat thrusts	7 Squat thrusts	15 leg raises	20 leg raises	Groin stretching
Knee Press ups	Press ups	Press ups	Press ups	Press ups	Press ups
10 singleLeg Raises	5 Leg raises	10 leg raises	1 Press up to fist	2 Press ups to fist	3 Press ups to fist
		Wallwork snap x 5		wallwork turn x 5	
Rising kick to pad	Rising kick to pad	Snap kick to pad	Axe kick to pad	turn kick to pad	as previous
SS P to pad	SSRB/P	DP to pad	SK DP to pad	elbow to pad	
SSDP to pad					
Name		DOB			
Black stripe	Double Brown	Orange	Purple	Brown	Purple/Black
SNAP KICK SSBB	TURN KICK SSBB	SNAP K/TURN SSBB	SIDE K SSBB	SKICK step turn SSBB	360 TURN SSBB
WS MID B	WS MID B/ P	WS MID B/ DP	SAJU JIRUGI right	WS KNIFE LB	ws K LB step MB
				SAJU JIRUGI left	SAJU JIRUGI BOTH
Hamstring stretching		Splits stretching		forward splits stretch	
bal.. leg backwards	bal...5 knee kicks	bal... 3 turn kicks	bal.. 4 turn kicks	bal.. 5 turn kicks	
4 press ups to fist	5 press ups to fist	6 press ups to fist	7 press ups to fist	8 press ups to fist	9 press ups to fist
3 burpees	4 burpees	5 burpees	6 burpees	7 burpees	8 burpees
	wallwork side x 5				wallwork back x 5
ex rising to pad	Side kick to pad	side kick DP to pad	out c kick to pad	360 turn to pad	5 con SK to pad