

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	Ballistic wall rising K	Calf stretching	10 squat thrusts	15 squat thrusts	20 squat thrusts
	5 Squat thrusts	7 Squat thrusts	10 leg raises	10 incline leg raises	Groin stretching
press ups	Press ups	Press ups	Press ups	Press ups	Press ups
5 knee raises	10 single leg raises	10 leg scissors	Plank forearms	Plank Straight arms	1 Press ups to fist
		Wallwork snap x 5		wallwork turn x 5	Ballistic wall side K
Rising kick to pad	Rising kick to pad	Snap kick to pad	Axe kick to pad	turn kick to pad	as previous
SSDP to pad	SSRB/P	DP to pad	SK DP to pad	elbow 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	
2 press ups to fist	3 press ups to fist	4 press ups to fist	5 press ups to fist	6 press ups to fist	7 press ups to fist
3 burpees	4 burpees	5 burpees	6 burpees	7 burpees	8 burpees
Ballistic wall back K	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
MB/ Punch	LB/MB/Punch	LB/MB/RB Punch	Knife LB	Double KH LB	Switch Snap K