



# LEGACY MARTIAL ARTS

( Training Tigers Tips and Power Stripes )

			<b>*POWER STRIPE*</b>
Black:Endurance White Belt Basic #5: Round Kick			<b>Black:</b> Pseverance Create Your Binder
Brown: Posture White Belt Basic #4: Side Kick			<b>Brown:</b> Confidence Write a Paragraph on Why Being Honest and Dependable is Important
Red: Timing Free Bopper Sparring			<b>Red:</b> Punctuality Letter about Being on Time
Blue: Balance Kamsah "Appreciation" Front, Side, and Round Kick Balance			<b>Blue:</b> Prioritizing/ Values Letter about What is Important/ Prioritizing Time
Purple: Speed White Belt Basics 1 - 3 Defensive Only Front Punch, Back Punch, Front Kick [Snap]			<b>Purple:</b> Agility Letter about getting ready
Green: Flexibility Center Splits, Side Splits, uper body push up Butterfly, Bridge, Back Bend Left leg out/ right leg in and vice versa			<b>Green:</b> Compromise Sharing/ Adapting to Change
Orange: Power 5 push ups or 10 sec. plank, 5 sit ups or leg throws 10 jumping jacks, 10 squats 5 slow kicks, Front and Back Punch Stick			<b>Orange:</b> Might For Right Letter about Making Right Decisions
Yellow: Listening Skills! Memorize and Recite the Student Creed and Class Closing			<b>Yellow:</b> Listening Skills Letter about using excellent Listening Skills