

# **Kajun Martial Arts Belt Assignments**

## **Little Warriors - White Belt Gold Stripe**

- 1<sup>st</sup> Stripe - Switch Stance (Left and Right) and keep hands up.
- 2<sup>nd</sup> Stripe- Outward Block (right and left side)
- 3<sup>rd</sup> Stripe- Rear hand inward punch and Front leg front kick(right and left side)

Special Skill(s) obtained by now

Throw ball or pad to teacher with some accuracy

Answer up Yes/No Sir/Mam 80% of time

Block the Light Saber or Blocker with Outward Block



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