

# Kinder Tips

Belt Color	Red Tip	Gray Tip	Blue Tip	Purple Tip	Green Tip
	<b>Student Creed</b>	Kata-Fukyukata Ichi	<b>Basics - (10 of each)</b>	<b>Pushups</b>	<b>Japanese Terminology</b>
<i>White</i>	Last Part		chest punch, chest block, head block, front kick, natural stance	5 good pushups	block, punch, count to 10 white
<i>Yellow Stripe</i>	Last Part	First half assisted	chest punch, chest block, head block, front kick, Natural stance chest punch	5 good pushups	block, punch, head, chest, lower body, count to 10 yellow
<i>Orange Stripe</i>	Last Part	First half assisted	chest punch, chest block, head block, lower body block, NS chest punch, NS chest block NS head block	10 good pushups	block, punch, head, chest, lower body orange
<i>Lt. Blue Stripe</i>	First and Last Parts	First half - UNassisted	NS chest punch, NS chest block NS head block, reverse punch, Deep Stance	10 good pushups	block, punch, head, chest, lower body, Natural Stance, combinations blue
<i>Dk. Blue Stripe</i>	First and Last Parts	Assisted	NS chest punch, NS chest block NS head block, reverse punch, Deep Stance lower body block	10 good pushups	block, punch, Natural Stance, Deep Stance, combinations blue
<i>Lt. Green Stripe</i>	First, Second, and Last Parts	UNassisted	NS chest punch, NS chest block NS head block, reverse punch, kick & punch, DS lower body block	10 good pushups	reverse punch, kick & punch, combinations green
<i>Dk. Green Stripe</i>	First, Second, and Last Parts	Unassisted	All NS, reverse punch, kick & punch, DS lower body block, Cat Stance	10 good pushups	reverse punch, kick & punch, Cat Stance, combinations green
<i>Purple Stripe</i>	All	UNassisted	All NS, reverse punch, kick & punch, DS lower body block, Cat Stance, Cat Stance front kick	10 good pushups	reverse punch, kick & punch, DS lower body block, Cat Stance, Cat Stance front kick purple
<i>Red Stripe</i>	All	UNassisted	All NS, reverse punch, kick & punch, DS lower body block, Cat Stance, Cat Stance front kick	10 good pushups	reverse punch, kick & punch, DS lower body block, Cat Stance, Cat Stance front kick purple