









How to get



Color Belt (white to Green Belt)

	A	B	C	D	E
1					
2					
3					
4					
5					

Ex) **Blue Foot** need to get



- Run in

Ex) **Red Foot** need to get



- Skip in, Step in

1. **Blue Foot** need to get

(-



)

2. **Blue Foot** need to get

(-



)

3. **Red Foot** need to get

(-









)




How to get



Color Belt (Purple to Red Black Belt)


	A	B	C	D	E
1					
2					
3					
4					
5					

1. **Blue Foot** need to get (- )

2. **Red Foot** need to get (- )

3. **Blue Foot** need to get (- )

4. **Red Foot** need to get (- )

5. **Red Foot** need to get (- )



How to get



Deputy Black to 2nd Dan Black

	A	B	C	D	E	F	G	H	I	J	K
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

1. **Blue Foot** need to get



2. **Red Foot** need to get



3. **Blue Foot** need to get



4. **Red Foot** need to get



5. **Red Foot** need to get



6. **Blue Foot** need to get





How to get



3rd Dan to 6th Dan Black Belt

	A	B	C	D	E	F	G	H	I	J	K
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

1. **Blue Foot** need to get



2. **Red Foot** need to get



3. **Blue Foot** need to get



4. **Red Foot** need to get



5. **Red Foot** need to get



6. **Blue Foot** need to get





How to get



Special Challenges! Avoid



	A	B	C	D	E	F	G	H	I	J	K
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

1. **Blue Foot** need to get



2. **Red Foot** need to get



3. **Blue Foot** need to get



4. **Red Foot** need to get



5. **Red Foot** need to get



6. **Blue Foot** need to get

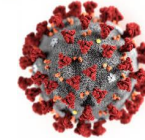




How to get



Special Challenges! Avoid COVID-19



	A	B	C	D	E	F	G	H	I	J	K
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

1. **Blue Foot** need to get



2. **Red Foot** need to get



3. **Blue Foot** need to get



4. **Red Foot** need to get



5. **Red Foot** need to get



6. **Blue Foot** need to get

