

Black Stripe Requirements

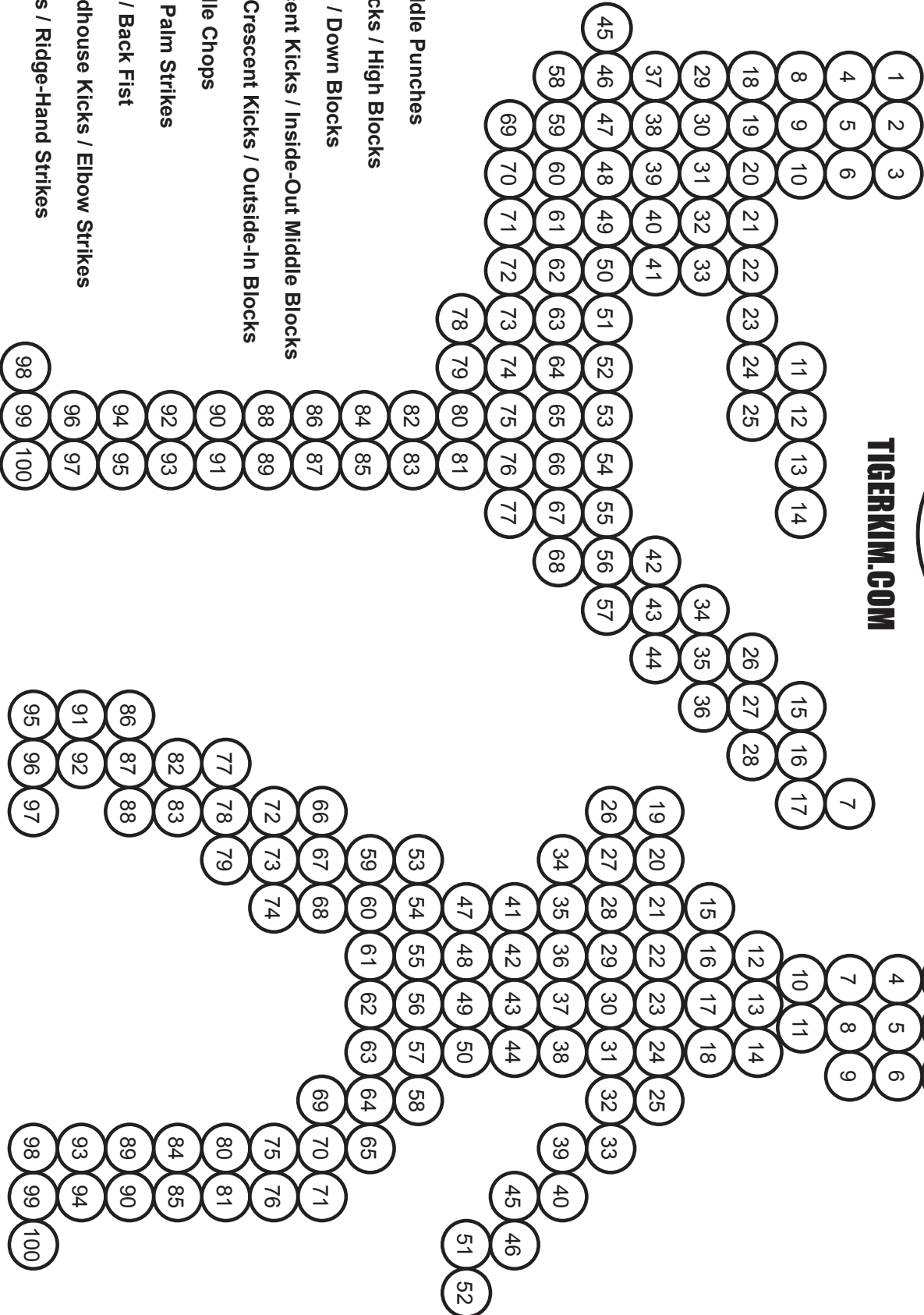
After completing both exercises, submit your guide to the office to receive two Black Stripes.

**Kicks 20 times for each bubble
(Back Stance)**
Alternate Left and Right



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**Hand Techniques 35 times for each bubble
from a Horse Stance**
Alternate Left and Right



White: Front Kicks / Middle Punches

Yellow: Roundhouse Kicks / High Blocks

High Yellow: Side Kicks / Down Blocks

Green: Inside-out Crescent Kicks / Inside-Out Middle Blocks

High Green: Outside-In Crescent Kicks / Outside-In Blocks

Blue: Hook Kicks / Middle Chops

High Blue: Back Kicks / Palm Strikes

Red: Back Swing Kicks / Back Fist

High Red: Double Roundhouse Kicks / Elbow Strikes

Bo Dan: Autobond Kicks / Ridge-Hand Strikes