

KINDY KARATE

AWMA Kinky Karate is the area's only specially designed Martial Arts program for children aged 3-5!

Our Kinky Karate Ninjas work with our instructors and helps each week to improve one of our special LIFE SKILLS. If the Ninja listens to instructions, behaves well, and tries their hardest, they'll receive a STRIPE to go on their belt!

Ninjas need to get all SEVEN stripes to move up to the next belt. They are...

**YELLOW STRIPE
FITNESS**

**GREEN STRIPE
CONTROL**

**BLUE STRIPE
BALANCE**

**RED STRIPE
TEAMWORK**

**WHITE STRIPE
DISCIPLINE**

**GREEN & GOLD STRIPE
COORDINATION**

**THE
BLACK STRIPE**

The BLACK STRIPE is awarded to students who display top-quality Karate, are good training partners to their fellow Ninjas, and train hard!

**WANT TO SHOW OFF YOUR PROGRESS?
WRITE THE DATE ON EACH COLOUR BELT AS
YOU EARN THEM!**

