

# KINDY KARATE

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

**Our Kindy Karate Ninjas work with our instructors and helpers 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  
CONTROL**

**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!**

