



Martial Arts USA – The Family Club  
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## Adult Advanced Red Stripe Requirements

What you have to know to earn your Red Stripe:

- Single punch series (jab, cross, lead hook)
- Two punch series (jab, cross / cross, jab / hook, cross / cross, hook)
- Inverted T movement drill with punches
- Boxing set 1-4 with kicks
- Ali shuffle
- Buzzsaw
- Hammer fist
- Palm strike

What we are looking for to earn your Red Stripe:

- Correct boxing set
- Correct order
- Hand up
- Power
- Hip Twist
- Speed
- Snap