



Martial Arts USA – The Family Club
Jeff Cvitak – Owner, Master Instructor

4560 S. Campbell Ste. 132
Springfield, MO 65810
(417) 886-3331
jcvitak@gmail.com
www.martialartsusa.net

Adult Adv. White Stripe Requirements

What you have to know to earn your White Stripe:

- Single wrist grab
- Double wrist grab
- 2 on 1 Wrist Grab
- High Double Wrist Grab
- Cross Wrist Grab

What we are looking for to earn your White Stripe:

- Correct self-defense
- Quick reaction speed
- Good knowledge of the self-defense move
- Energy and enthusiasm
- Proper stepping/movement