



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

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Adult Basic Blue Stripe Requirements

What you have to know to earn your Blue Stripe:

- Single X (White through Yellow Belt)
- Strikes 1-7 on both sides (Yellow Belt Only)

What we are looking for to earn your Blue Stripe:

- Correct order
- Accuracy of strikes
- Knowledge of technique
- Flow of each strike
- Speed