



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

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## Adult Basic White Stripe Requirements

What you have to know to earn your White Stripe:

- Single wrist grab
- Double wrist grab
- Bicycle kicks

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