



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](mailto:jcvitak@gmail.com)  
[www.martialartsusa.net](http://www.martialartsusa.net)

## Adult Int. Black Stripe Requirements

What you have to know to earn your Black Stripe:

- Skip Kicks (Side, Round, Hook)
- Bicycle Kicks

What we are looking for to earn your Black Stripe:

- Power
- Proper Execution
- Good Chambers and Re-chambers
- Speed of kicks
- Guarding position