



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 Int. 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
- Boxing set 1-4
- Ali shuffle
- 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