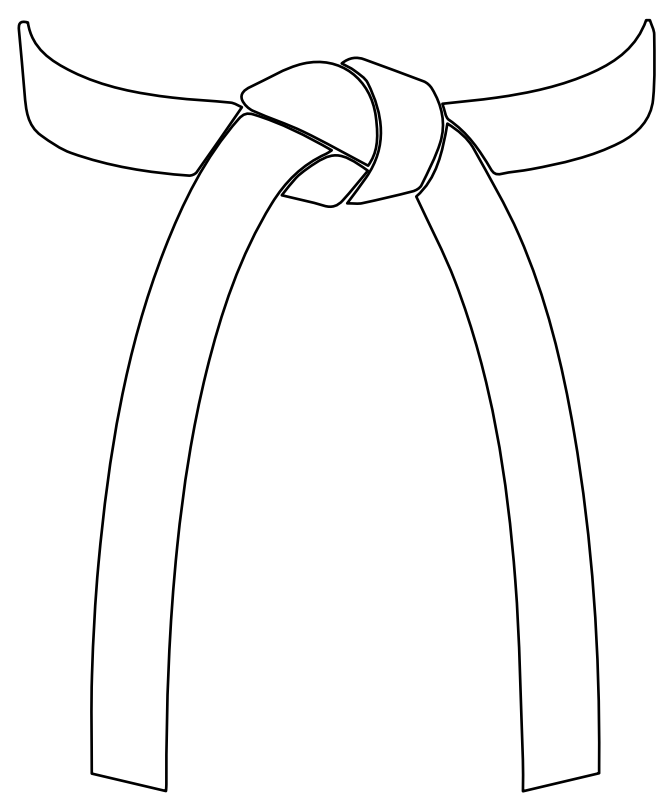
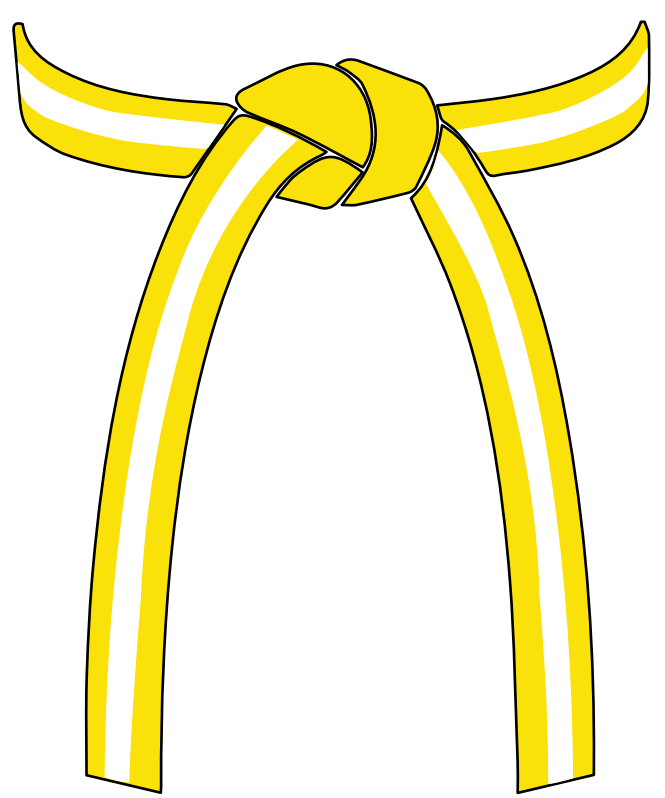


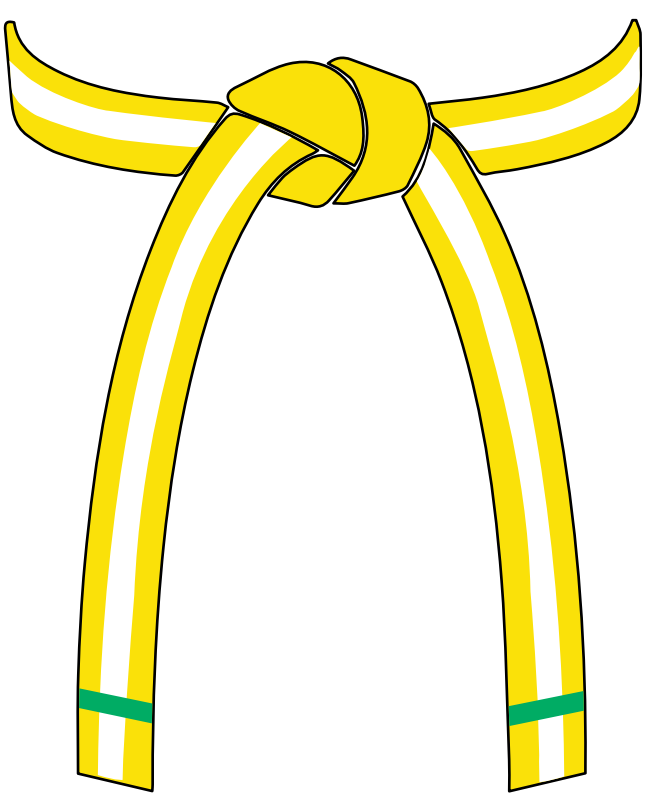
courtesy ★ integrity ★ perseverance ★ self-control ★ indomitable spirit



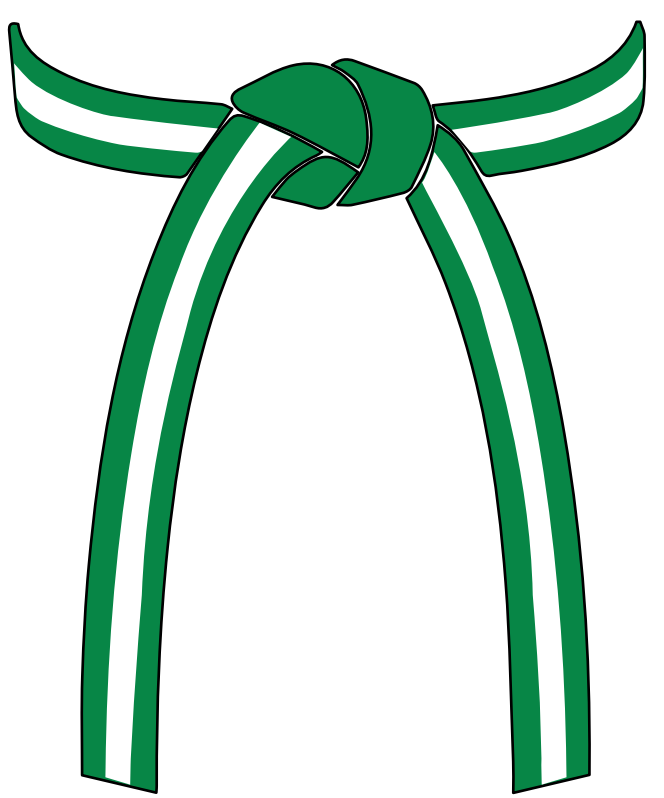
WHITE BELT
BASIC FORM



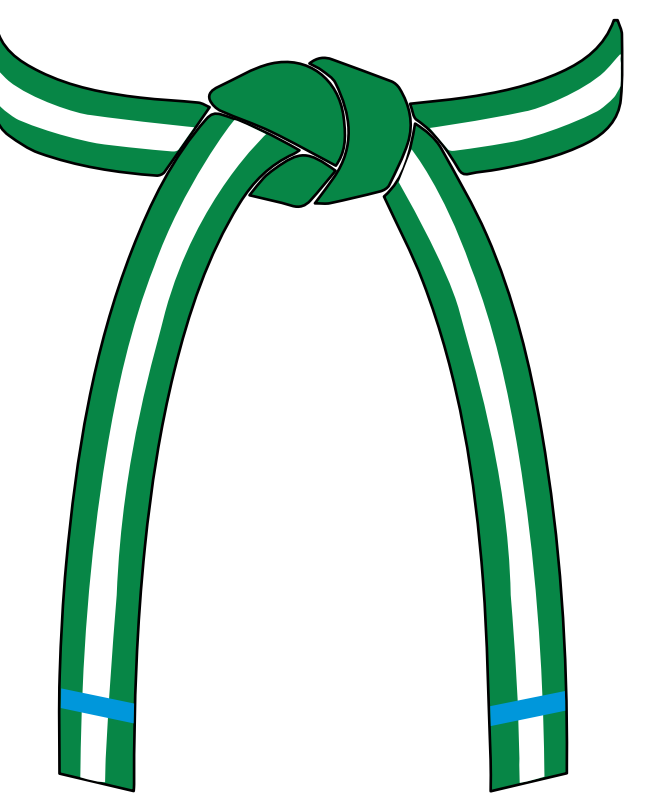
YELLOW BELT (R)
CHON-JI



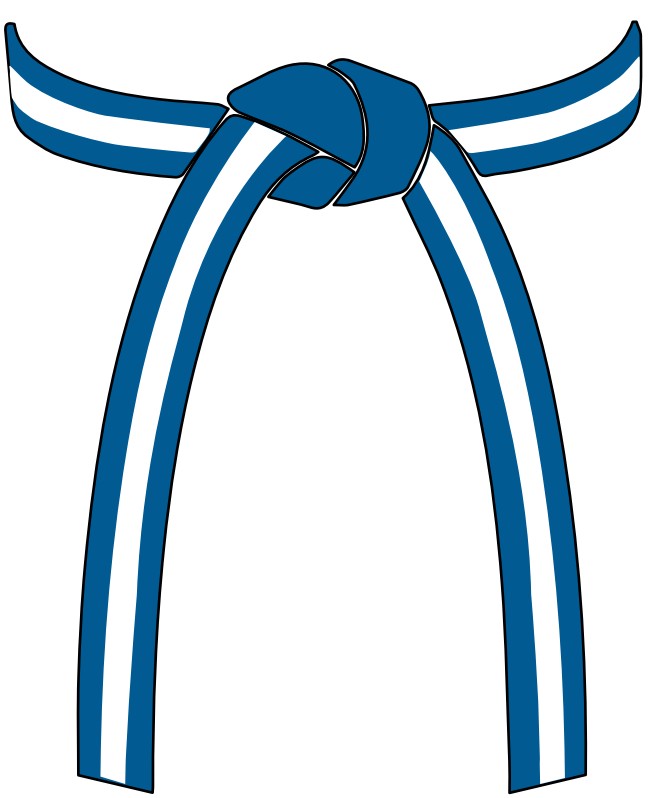
YELLOW BELT (D)
ONE-STEPS 4-6



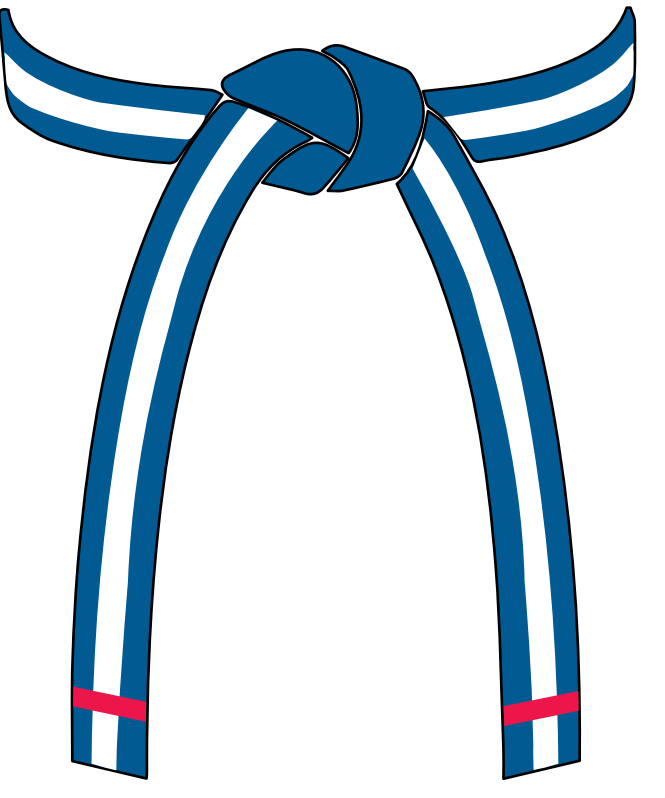
GREEN BELT (R)
DO-SAN



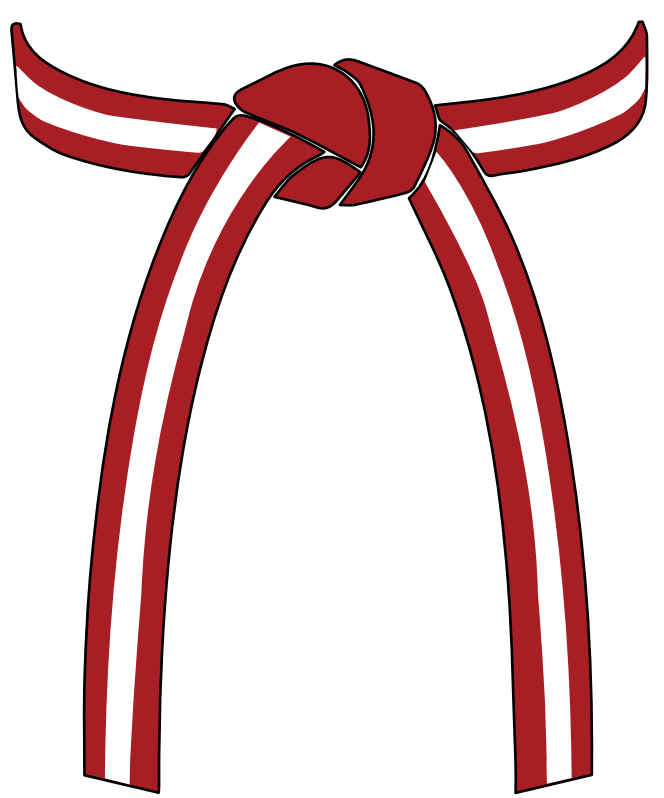
GREEN BELT (D)
ONE-STEPS 10-12



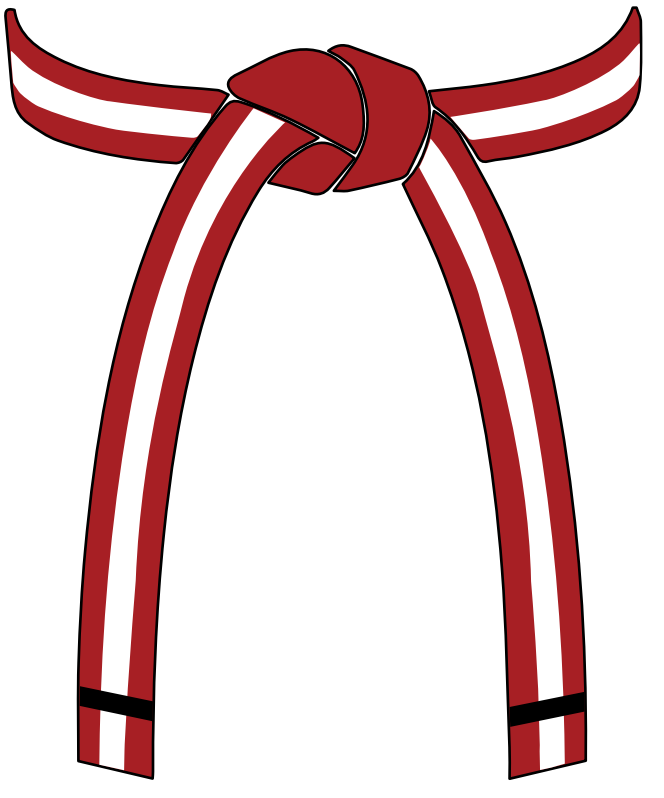
BLUE BELT (R)
TERRA MOTO
LOW BLUE BELT: HUBUD



BLUE BELT (D)
ONE-STEPS 16-18



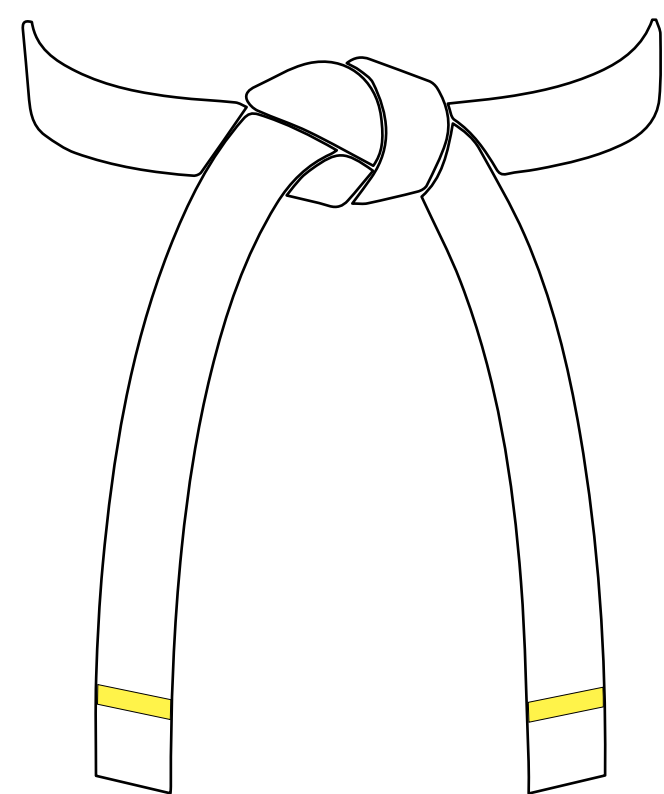
RED BELT (R)
ATTITUDE
LOW RED BELT: INTRO CHI SAU



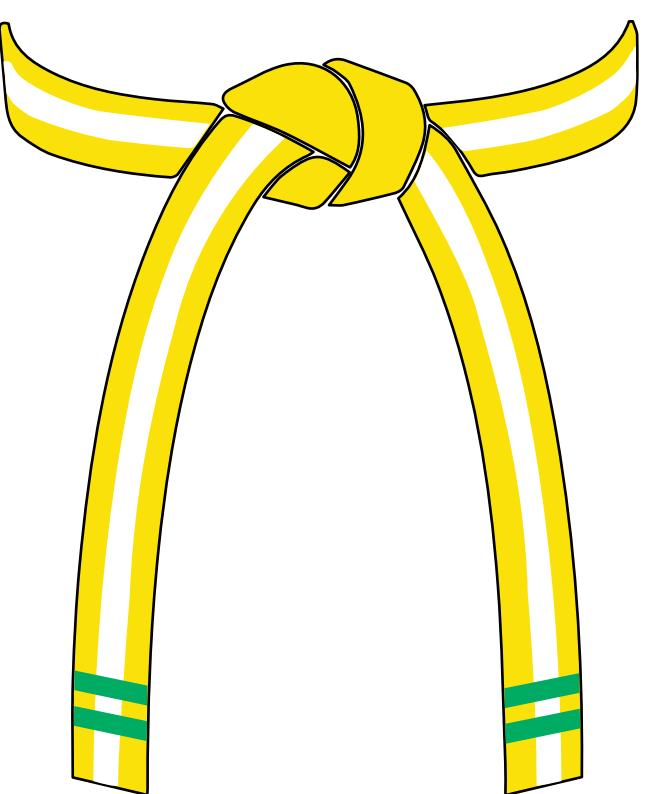
RED BELT (D)
ONE-STEPS 22-24



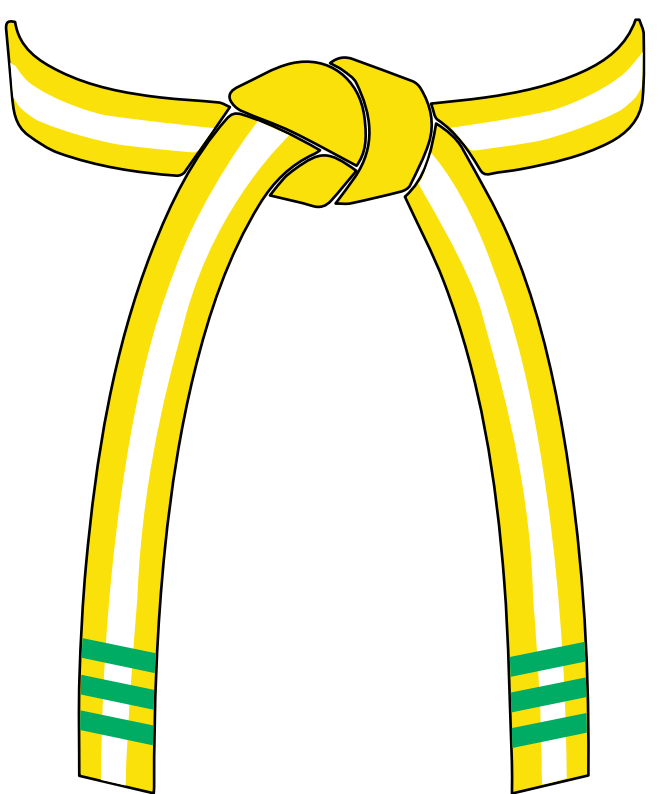
JUNIOR BLACK BELT
SPIRIT
GROUND FIGHTING



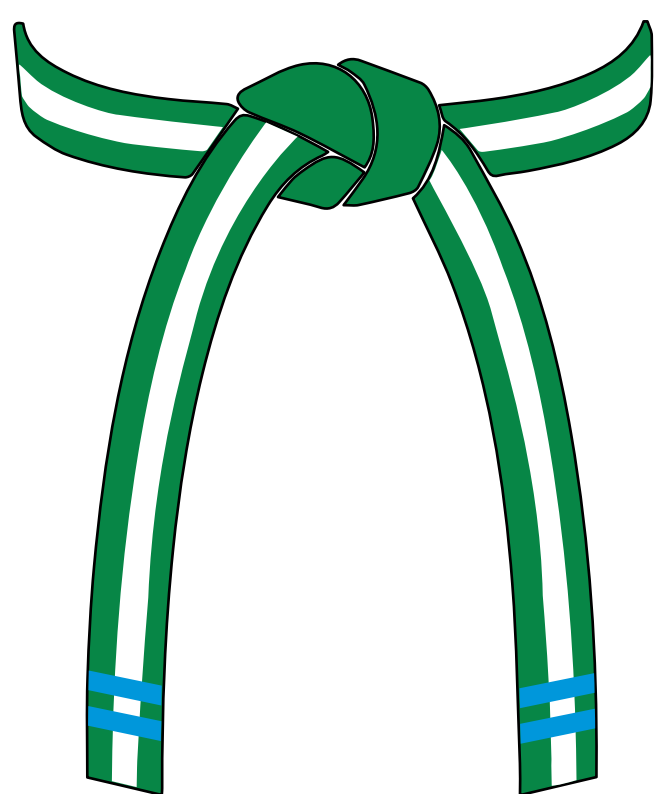
HIGH WHITE
ONE-STEPS 1-3



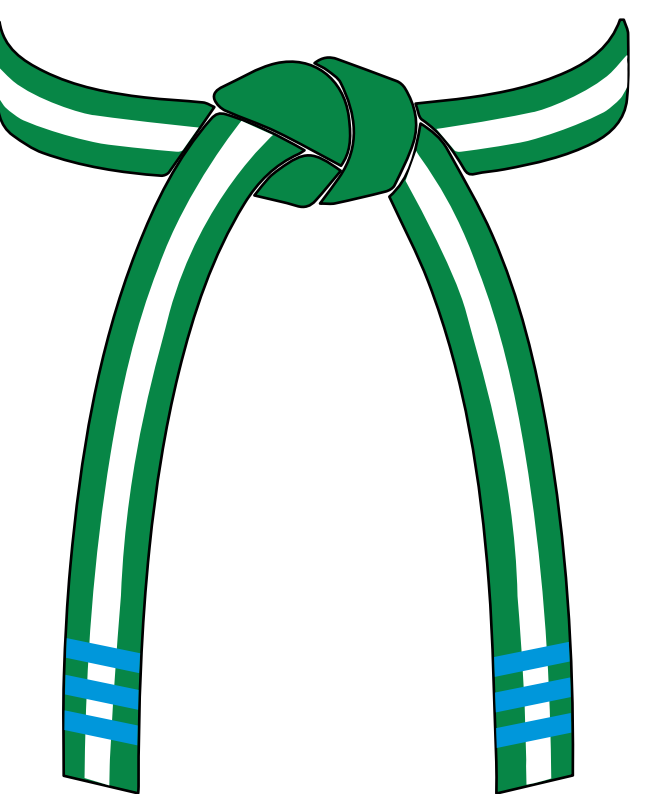
HIGH YELLOW (R)
DAN-GUN



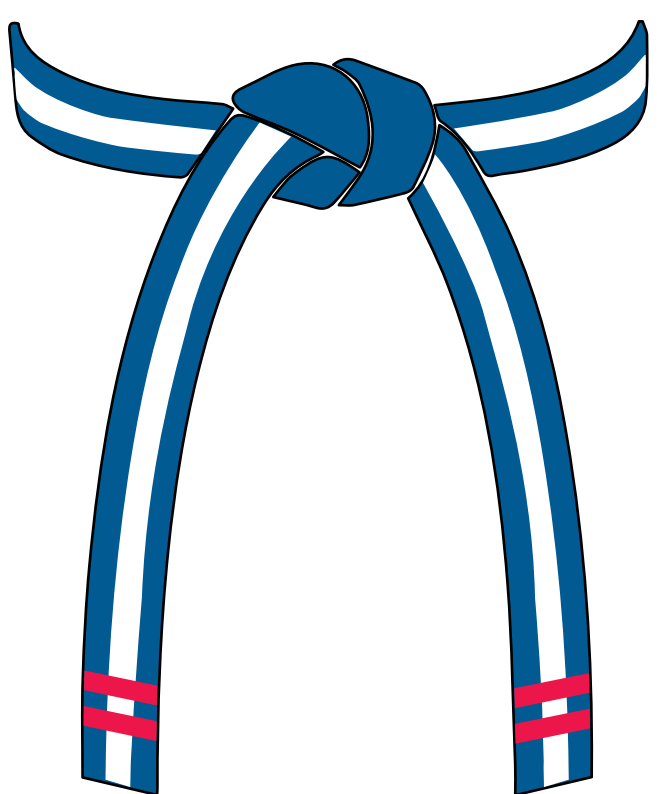
HIGH YELLOW (D)
ONE-STEPS 7-9



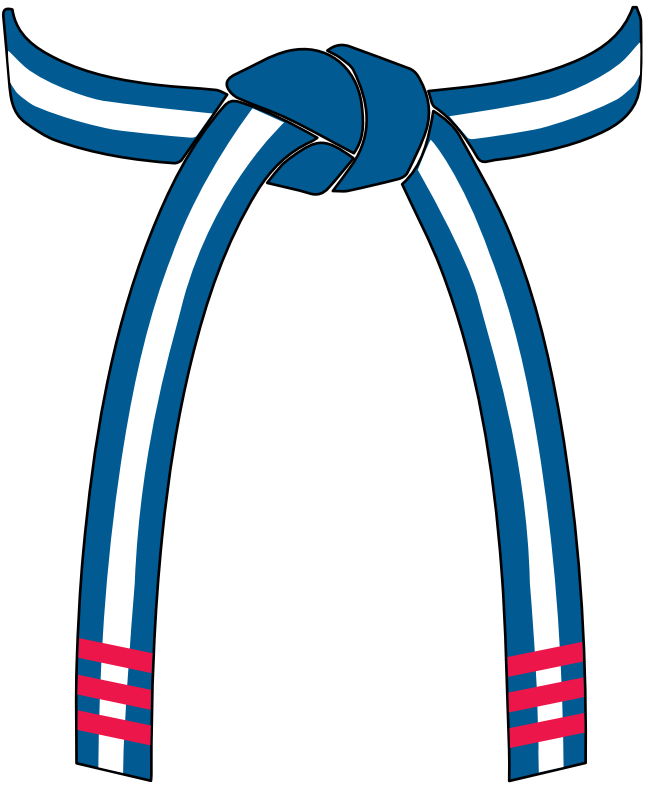
HIGH GREEN (R)
GRAVITY



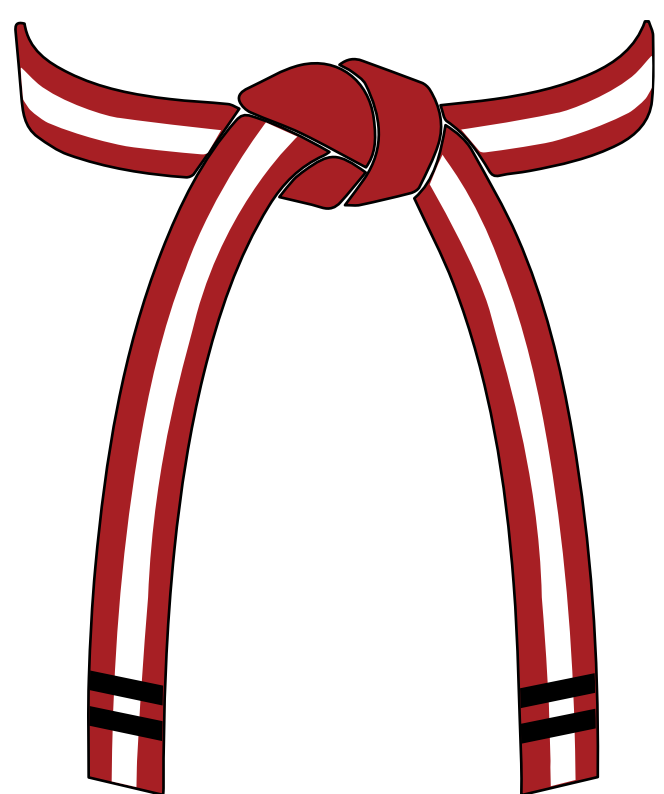
HIGH GREEN (D)
ONE-STEPS 13-15



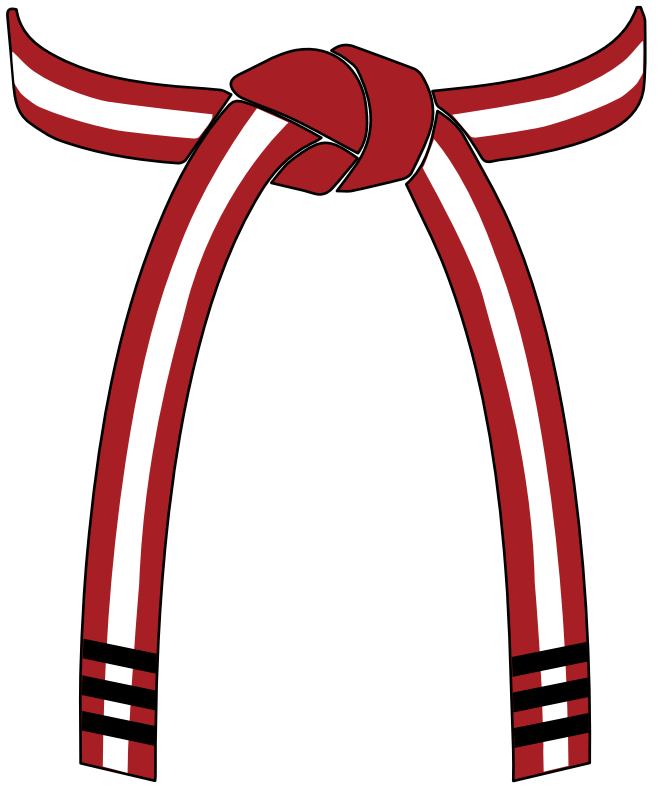
HIGH BLUE (R)
RIVERBED
HIGH BLUE BELT: STANDING GRAPPLING



HIGH BLUE (D)
ONE-STEPS 19-21



HIGH RED (R)
WATERFALL
HIGH RED BELT: LEVEL 2 CHI SAU



HIGH RED (D)
ONE-STEPS 25-27



(R) Recommended (D) Decided

QUANTUM MARTIAL ARTS KIDS PROGRAM

Curriculum for Kids Program ages 6-9. Full curriculum can be found at quantumsf.org/kids