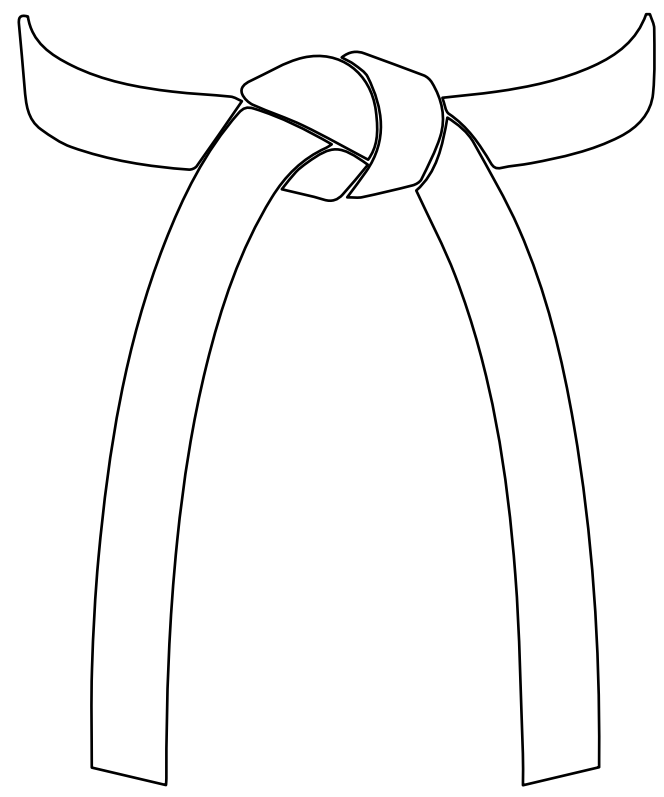
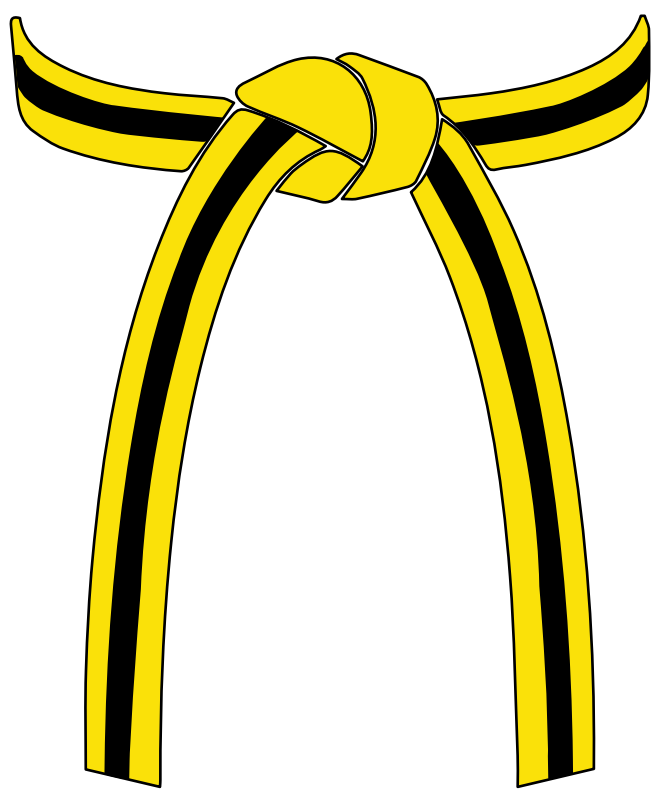


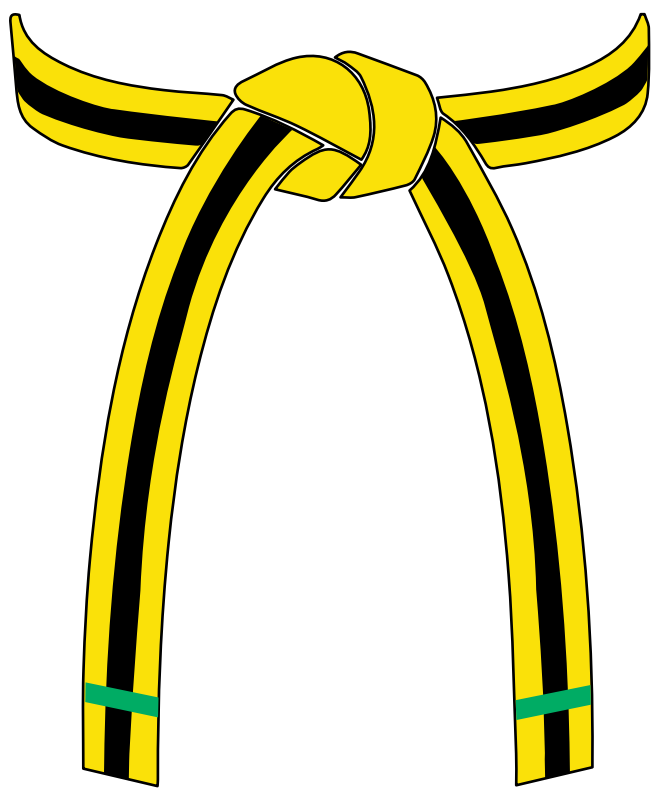
courtesy ★ integrity ★ perseverance ★ self-control ★ indomitable spirit



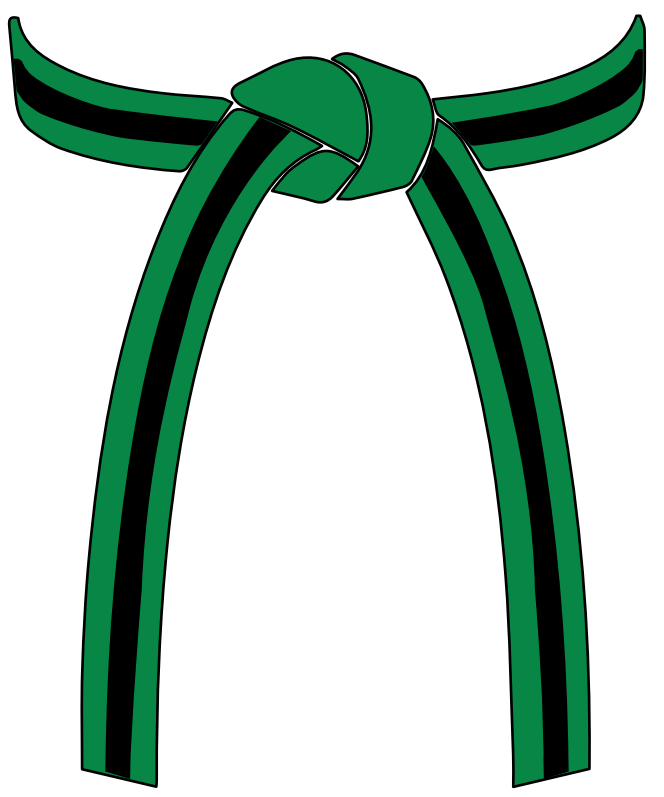
**WHITE BELT**  
BASIC FORM



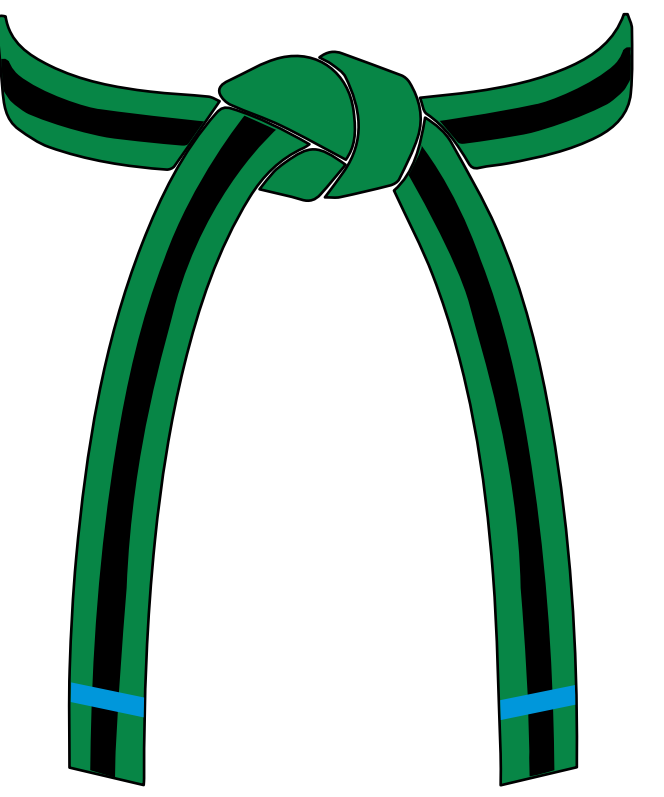
**YELLOW BELT (R)**  
CHON-JI



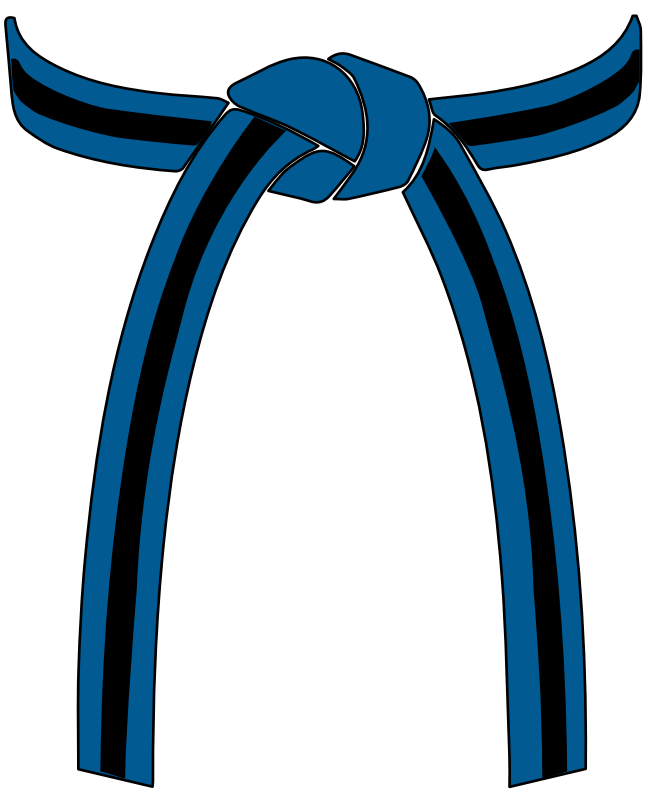
**YELLOW BELT (D)**  
YB ONE-STEPS 1-3



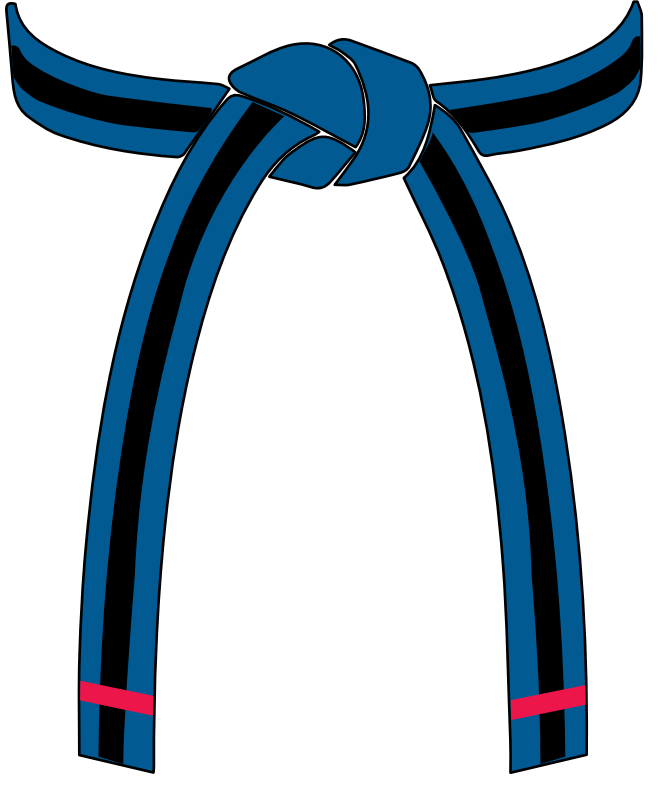
**GREEN BELT (R)**  
TERRA MOTO



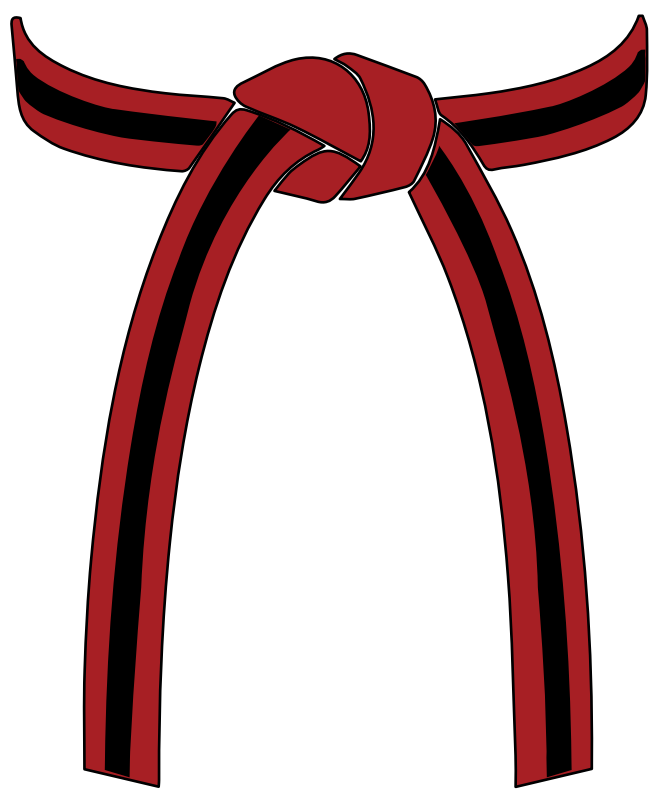
**GREEN BELT (D)**  
GB ONE-STEPS 1-3



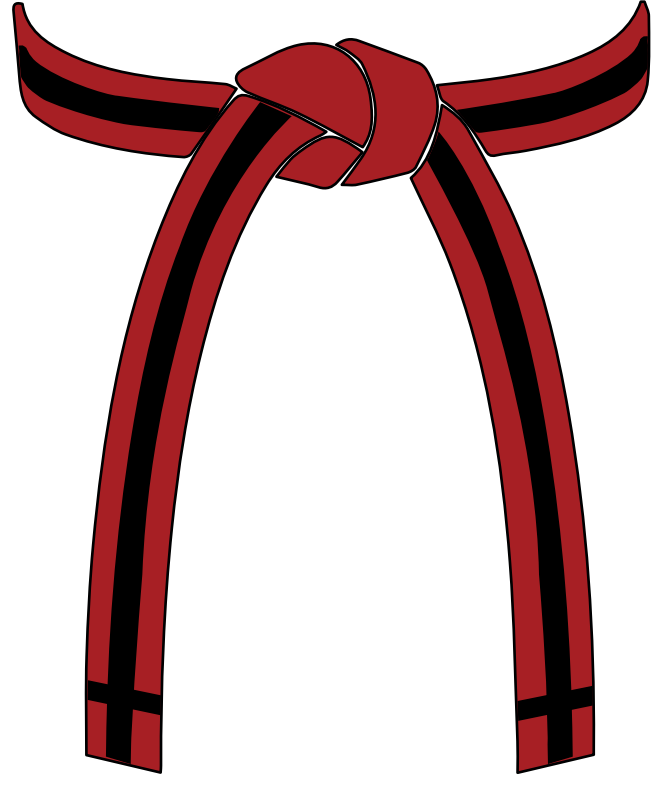
**BLUE BELT (R)**  
ATTITUDE  
LOW BLUE BELT: STANDING GRAPPLING



**BLUE BELT (D)**  
BB ONE-STEPS 1-3



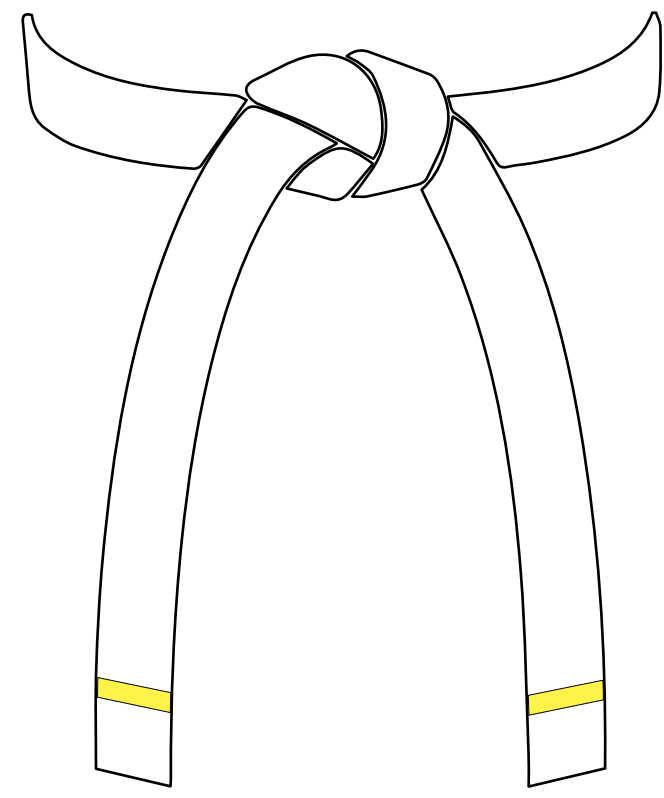
**RED BELT (R)**  
SPIRIT  
LOW RED BELT: INTRO GROUND FIGHTING



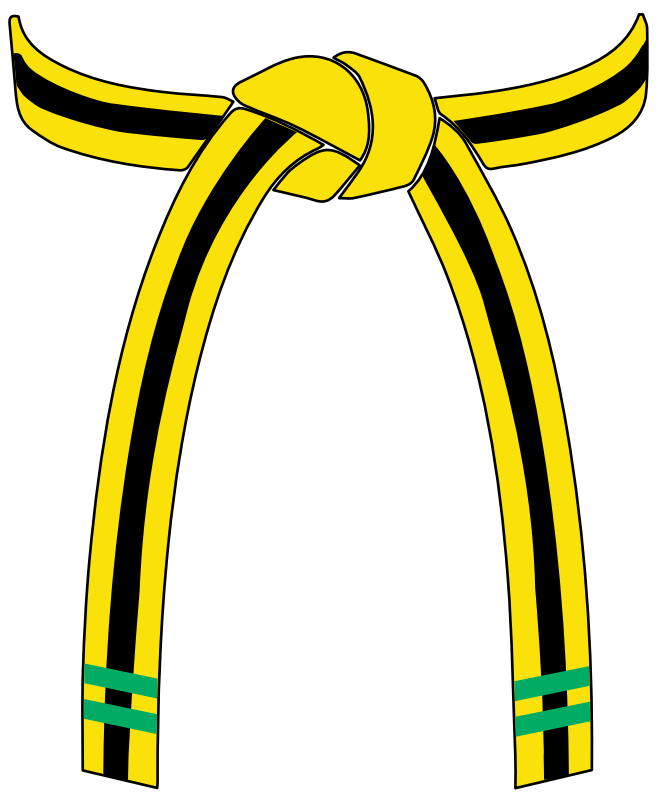
**RED BELT (D)**  
RB ONE-STEPS 1-3



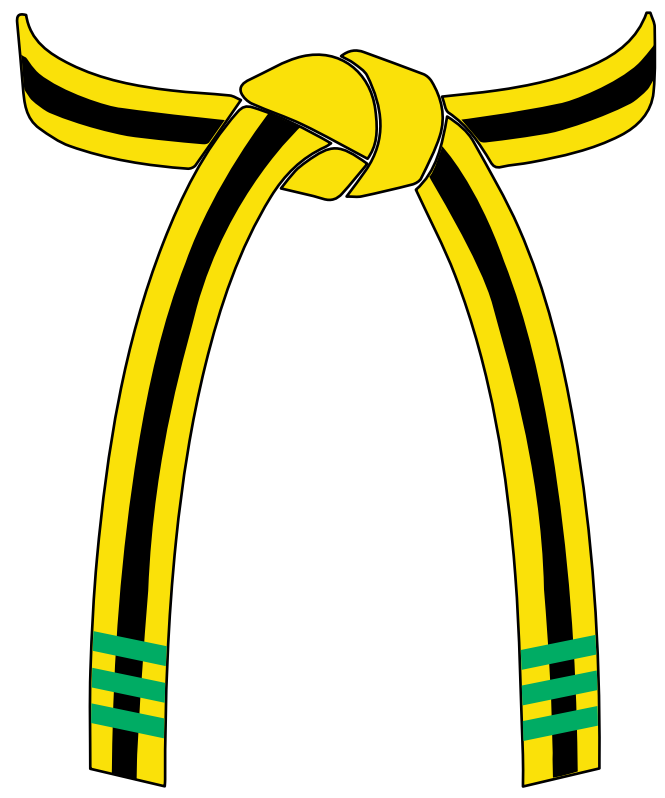
**JUNIOR BLACK BELT**  
QUETZALCOATL  
ARNIS (STICKS)



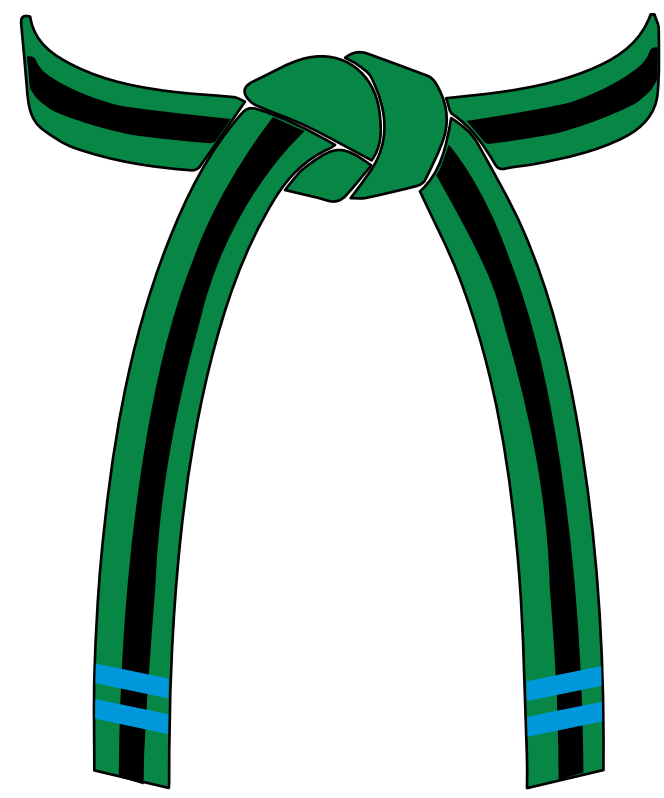
**HIGH WHITE**  
ONE-STEPS 1-6



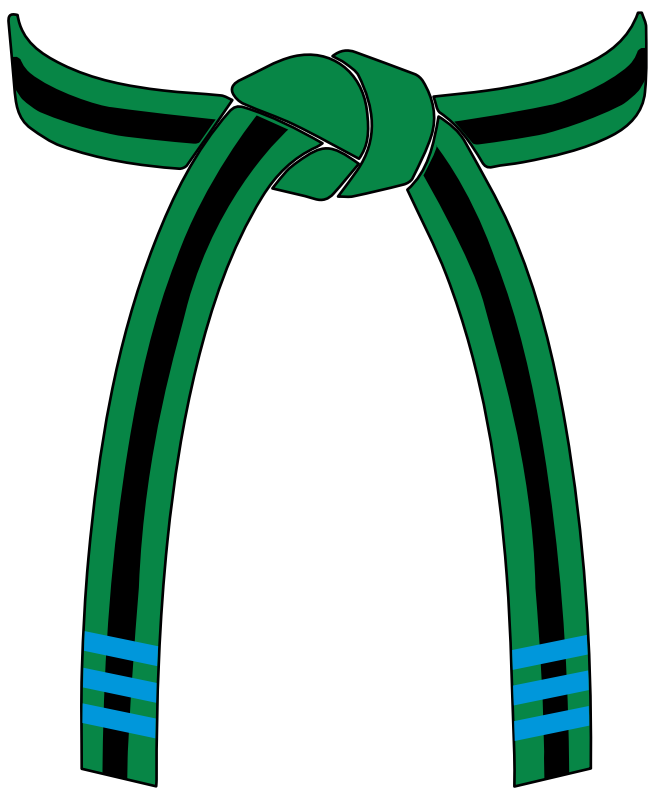
**HIGH YELLOW (R)**  
GRAVITY



**HIGH YELLOW (D)**  
YB ONE-STEPS 4-6

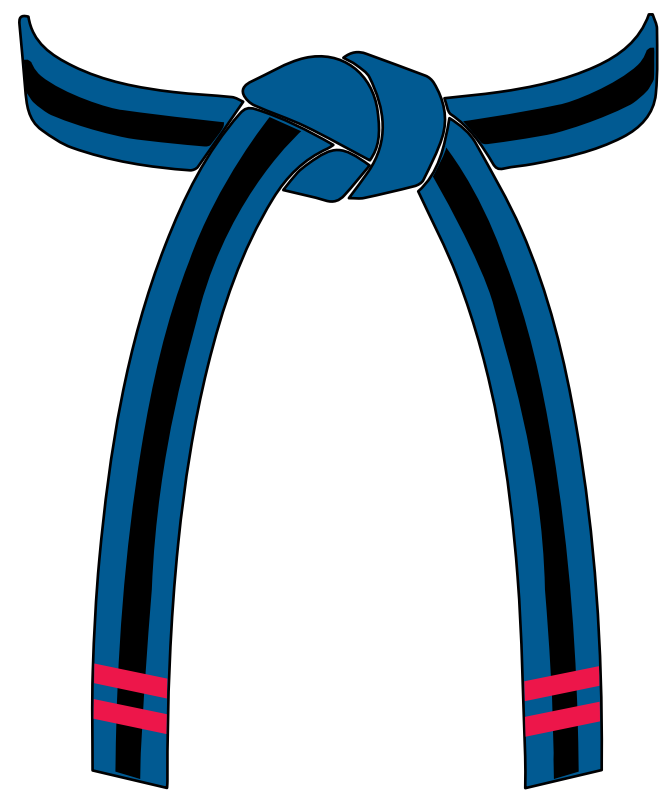


**HIGH GREEN (R)**  
RIVERBED

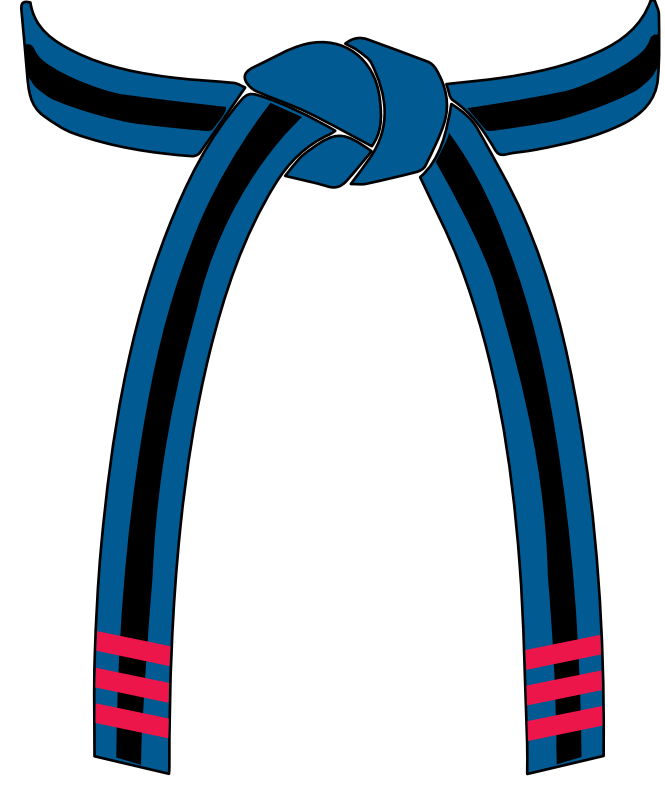


**HIGH GREEN (D)**  
GB ONE-STEPS 4-6

HIGH GREEN BELT: HUBUD

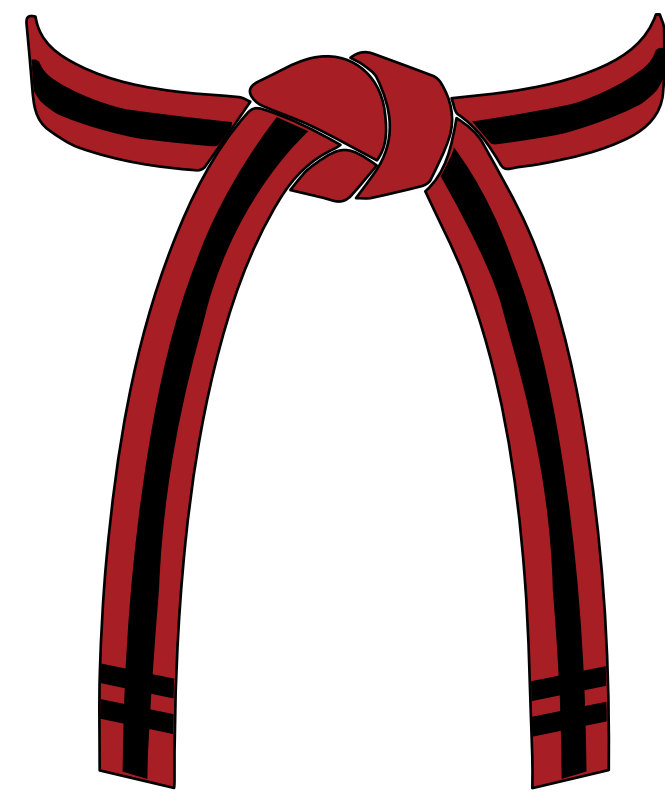


**HIGH BLUE (R)**  
WATERFALL

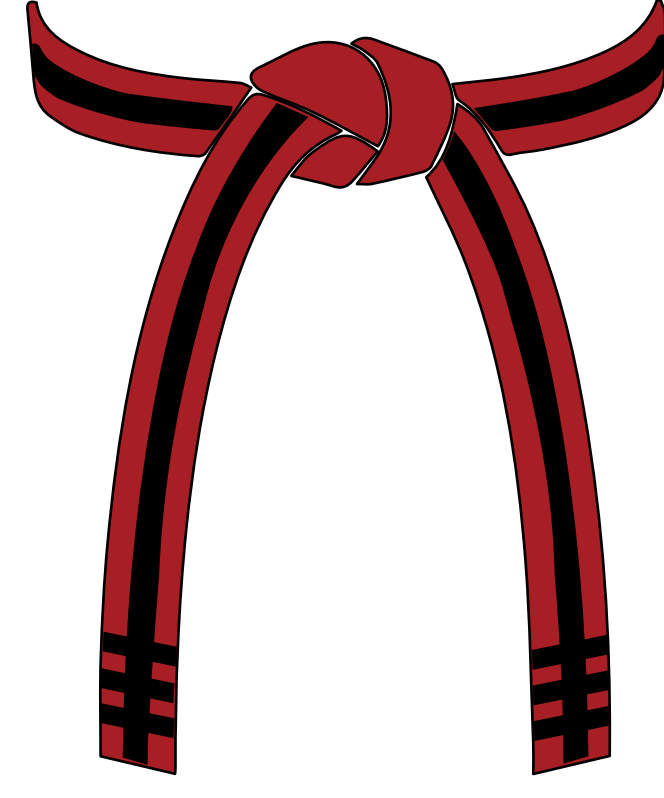


**HIGH BLUE (D)**  
BB ONE-STEPS 4-6

HIGH BLUE BELT: CHI SAU



**HIGH RED (R)**  
WALK IN THE PARK



**HIGH RED (D)**  
RB ONE-STEPS 4-6

HIGH RED BELT: LEVEL 2 GROUND FIGHTING



(R) Recommended (D) Decided

# QUANTUM MARTIAL ARTS TEENS PROGRAM

Curriculum for Teens Program ages 10-14. Full curriculum can be found at [quantumsf.org/teens](http://quantumsf.org/teens)