

# GOLD BELT

FITNESS

(jumping jacks, push-ups, crunches, side kicks, front kicks, punches (x2), leg lifts, mountain climbers, & side kick hold)

**15**



## BLOCKS (x2)

- DOWN BLOCK
- UPPER BLOCK
- SIDE BLOCK
- INNER BLOCK
- OUTER BLOCK
- CIRCLE BLOCK
- SQUARE BLOCK
- CHOP
- PUNCH



## KICKS

- ROUND KICK
- BACK-LEG ROUND KICK
- REVERSE SIDE KICK
- PEDAL-STEP FRONT KICK



## MY GOLD BELT GOAL

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## TEST TIME!! DID YOU MEET YOUR GOAL?

- Yes!  Not yet, still working on my goal!

2 MONTHS

