

Indigo Warriors

Name

○ READY TO GET PURPLE STRIPE BELT

○ Self Defence Headlock

○ Self Defence—Throat Grab

○ Self Defence – single Wrist Grab

○ Self Defence –2 hands on one

○ Self Defence—one hand on each arm

○ Has at least 12 badges in total

○ Has Respect Badge

○ Confidence creed

○ Kick with a Loud Kiap

○ Name Check

○ Low Block

○ Rising Block

○ Front punch to a target

○ Back Fist to a target

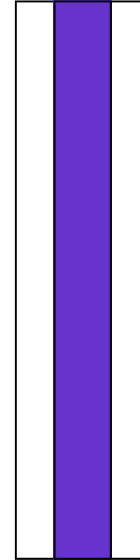
○ Turning Kicks

○ Side Kicks

○ Front kicks

○ 5 press Ups, 5 squat thrusts

○ Attention, Stance , Bowing



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