# X

#### Gold Glove -Year One

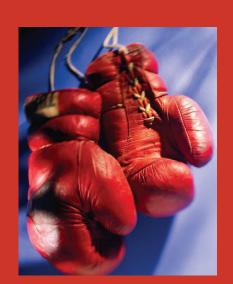
None

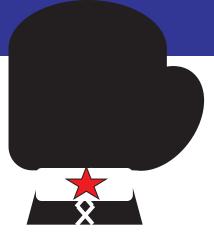


13 Tier Leadership and Confidence Development Through Sport

### BLACK GLOVE

bagwork	None
Fitness	Push Up, Pull Up Hang, Jump Rope
Punching & Holding	Basic Holds & Punches
Patterns	Duran
Free Sparring (Competitive Track)	None
Nutrition	To Be Announced
Trivia / History / Terminology / Analysis	Level I Test 10 points
Self Defense	None





Bagwork

#### Gold Glove -Year One

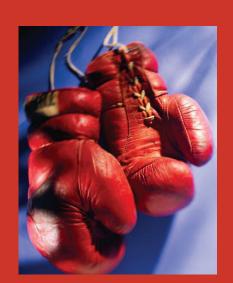
Speed & Shadow



13 Tier Leadership and Confidence Development Through Sport

# RED SINGLE STAR

Dug Work	Speed C Shadow
Fitness	Crunches (1 minute) Punches (1 minute)
Punching & Holding	None
Patterns	Hagler
Free Sparring	Controlled Sparring
(Competitive Track)	Level I
Nutrition	To Be Announced
Trivia / History /	None
Terminology / Analysis	
Self Defense	Situation & Response





**Bagwork** 

#### Gold Glove -Year One

Heavy



13 Tier Leadership and Confidence Development Through Sport

# RED DOUBLE STAR

<b>.</b>	3
Fitness	Push Up, Pull Up Hang, Jump Rope
Punching & Holding	Basic Holds & Punches
Patterns	Sugar Ray
Free Sparring (Competitive Track)	Controlled Sparring Level II
Nutrition	To Be Announced
Trivia / History / Terminology / Analysis	Level II Test 10 points
Self Defense	None



#### Gold Glove -Year One

Sneed \$2 Chadass



13 Tier Leadership and Confidence Development Through Sport

# RED TRIPLE STAR

Bagwork	Speed & Snadow
Fitness	Rope Climb
	Ladder
Punching & Holding	None
Patterns	Foreman
Free Sparring	Body Sparring
(Competitive Track)	Level I
Nutrition	To Be Announced
Trivia / History /	None
Terminology / Analysis	
Self Defense	System & Response



#### Gold Glove -Year Two

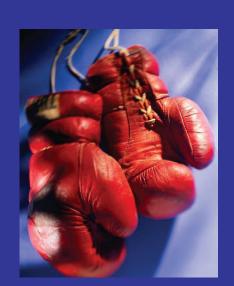
Hoover Double



13 Tier Leadership and Confidence Development Through Sport

### RED GLOVE

Bagwork	Heavy Double
Fitness	Pull Up Hang Jump Rope
Punching & Holding	None
Patterns	Tyson
Free Sparring (Competitive Track)	Body Sparring Level III
Nutrition	To Be Announced
Trivia / History / Terminology / Analysis	Level III Test 15 Points
Self Defense	None



#### Gold Glove -Year Two

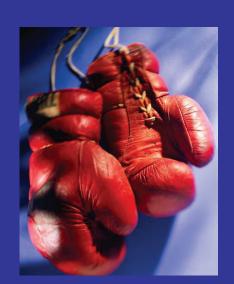
Speed St Shedow



13 Tier Leadershipand ConfidenceDevelopmentThrough Sport

# RED SINGLE STAR

bagwork	Speed & Snadow
Fitness	Crunches (1 minute)
	Punches (1 minute)
Punching & Holding	Call Out Combos & React
Patterns	Lennox
Free Sparring	Open Sparring
(Competitive Track)	1 Round
Nutrition	To Be Announced
Trivia / History /	None
Terminology / Analysis	
Self Defense	Situation & Response



#### Gold Glove -Year Two

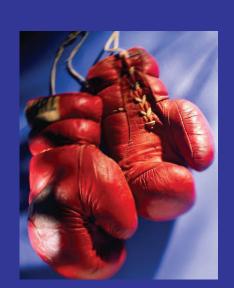
Hoover Double



13 Tier Leadership and Confidence Development Through Sport

# RED DOUBLE STAR

bagwork	neavy Double
Fitness	Rope Climb, Ladder, Jump Rope
Punching & Holding	None
Patterns	De La Hoya
Free Sparring (Competitive Track)	Open Sparring 2 Rounds
Nutrition	To Be Announced
Trivia / History / Terminology / Analysis	Level IV Test 20 Points
Self Defense	None



# Gold Glov

#### Gold Glove -Year Two



## RED TRIPLE STAR

Bagwork	None
Fitness	Pull Up Hang Jump Rope
Punching & Holding	None
Patterns	Frasier
Free Sparring (Competitive Track)	Open Sparring 3 Rounds
Nutrition	To Be Announced
Trivia / History / Terminology / Analysis	None
Self Defense	System & Response



Heavy, Speed.

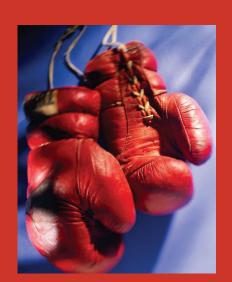


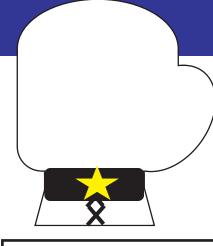
Bagwork

13 Tier Leadership and Confidence Development Through Sport

# WHITE GLOVE

Dugwork	reavy, opecu,
Fitness	Head Hunter, Shadow Push Ups, Rope Climb
Punching & Holding	Mitt Work, 2 Rounds
Patterns	Joe Louis
Free Sparring (Competitive Track)	Open Sparring 3 Rounds
Nutrition	To Be Announced
Trivia / History / Terminology / Analysis	Level V Test 20 points
Self Defense	None





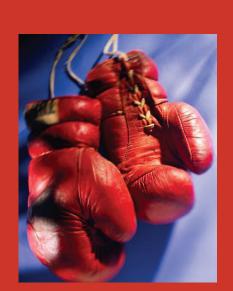
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13 Tier Leadershipand ConfidenceDevelopmentThrough Sport

# GOLD SINGLE STAR

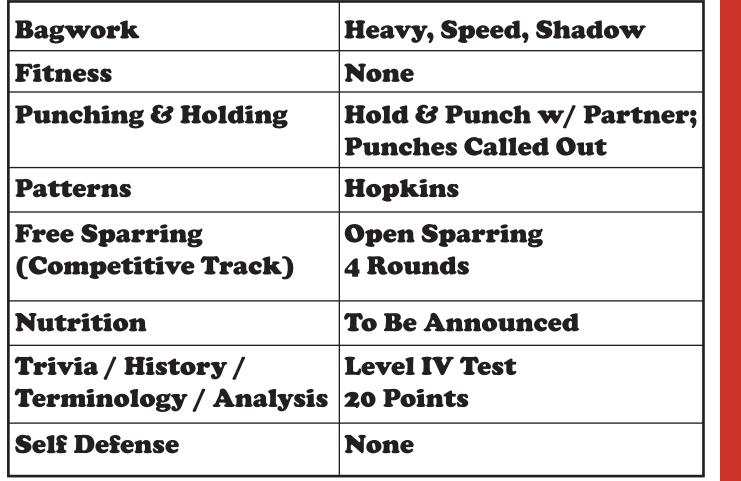
Self Defense	Situation & Response
Trivia / History / Terminology / Analysis	None
Nutrition	To Be Announced
Free Sparring (Competitive Track)	Open Sparring 3 Rounds
Patterns	Mayweather
Punching & Holding	Hold & Punch w/ Partner; Punches Called Out
Fitness	Crunches (1 minute) Punches (1 minute)
Bagwork	Speed & Double End

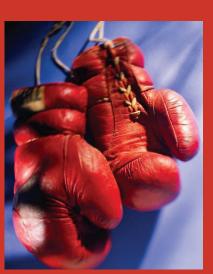




13 Tier Leadership and Confidence Development Through Sport

# GOLD DOUBLE STAR





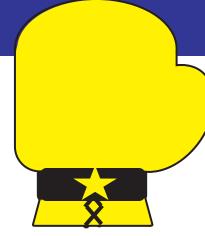


13 Tier Leadership and Confidence Development Through Sport

# GOLD TRIPLE STAR

Bagwork	None
Fitness	None
Punching & Holding	Mitt Work, 3 Rounds
Patterns	Jones Jr.
Free Sparring	Open Sparring
(Competitive Track)	4 Rounds
Nutrition	To Be Announced
Trivia / History / Terminology / Analysis	None
Self Defense	None





**Bagwork** 

#### Gold Glove -Year Four



13 Tier Leadership and Confidence Development Through Sport

### GOLD GLOVE

Fitness	
Punching & Holding	
Patterns	
Free Sparring (Competitive Track)	
Nutrition	
Trivia / History / Terminology / Analysis	
Self Defense	

