

Stances

Charyut Attention Stance

 Feet together, toes touching, hands at your sides, back straight, eyes forward.

Choom Be Ready Stance

 Feet shoulder width apart, hands come to your hips, then double low punch.

Fighting Stance

Right leg back, hands by your chin, tight fists.

Horse Stance

 Feet twice shoulder width apart, knees bent, hands at your hips, tight fists.

Punches

Middle Punch in horse stance

Aim to the Solar Plexus

High Punch in horse stance

Aim to the Nose

Low Punch in horse stance

· Aim to the Groin

Jab in fighting stance

· High Punch with the Front Hand

Reverse Punch in fighting stance

Middle Punch with the Rear Hand

Blocks

Middle Block in horse stance

 Left hand first, scoop the ice cream, look at your nails.

High Block in horse stance

 Left hand first, scoop the ice cream, show your arm pit.

Low Block in horse stance

 Left hand first, hand to your shoulder, dust the dirt.

Outside to Inside Block in horse stance

Left hand first, hand to your ear, catch the fly.

Kicks

Front Stretch Kick in fighting stance

"Don't bend your knee!"

Outside to Inside Kick in fighting stance

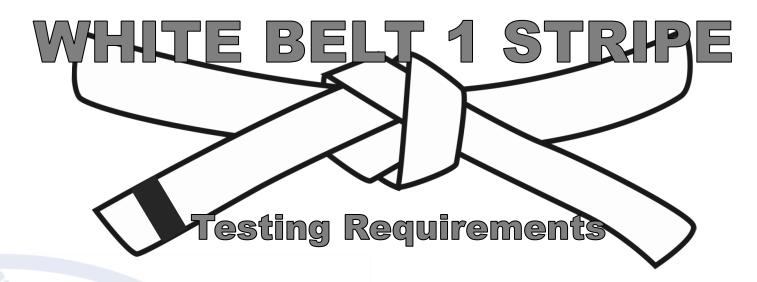
"High 5 with your foot!"

Inside to Outside Kick in fighting stance

"Paint the rainbow!"

Front Snap Kick in fighting stance

"Bend it, kick it, bend it, back!"



Students will be held responsible for knowing all of the White Belt Testing Requirements in addition to the material below.

Stances

Front Stance

 Legs shoulder width apart, left leg one step forward, right leg one step back.
Bend your front knee, keep your back leg straight. Hips and shoulders square.

Combinations

Combination #1

- · Right leg back, fighting stance
- Jab
- Reverse Punch
- Front Snap Kick

Combination #2

- Right leg back, Fighting Stance
- Stepping Front Snap Kick
- Jab
- Reverse Punch

Combination #3

- Stepping forward with left leg
- Front hand middle block
- Reverse Punch

Combo #4

- Stepping forward with left leg
- Front hand high block
- Reverse Punch

Combo #5

- Stepping forward with left leg
- Front hand low block
- Reverse Punch