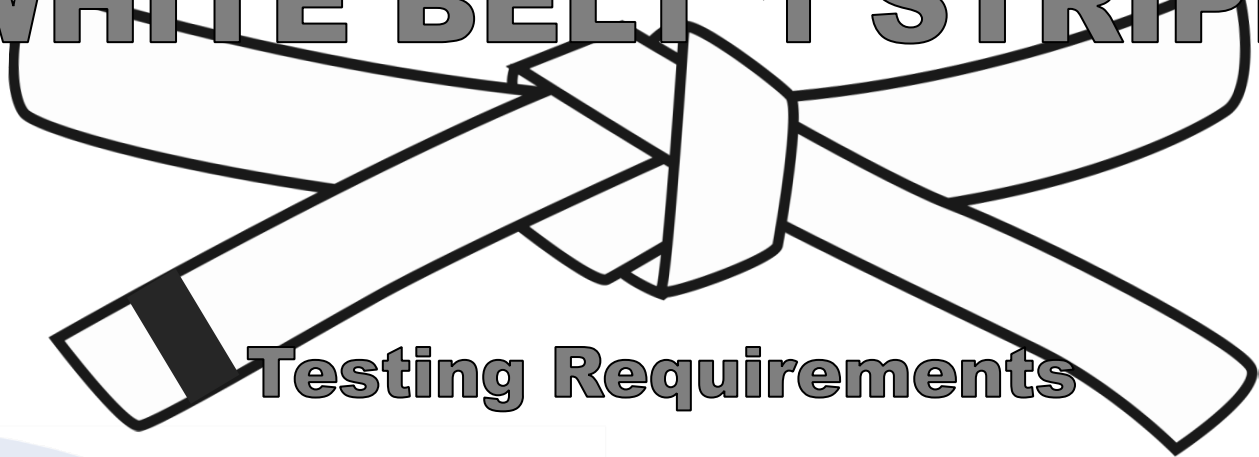


WHITE BELT 1 STRIPE



Testing Requirements

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