

WHITE BELT CURRICULUM

Training Period: 2.5 Months	Minimum Classes: 20
Required Equipment: Gloves	Suggested: Hand Target

PUNCHES:

JAB PUNCH	#1 PUNCH (FRONT HAND)
REVERSE PUNCH	#2 PUNCH (REAR HAND)

KICKS:

KNEE STRIKE	BACK LEG
FRONT KICK	FRONT & BACK LEGS
ROUND KICK	FRONT LEG (SPEED KICK)

BALANCES:

GUARDING STANCE	FIGHTING BALANCE
FORE BALANCE	CLASSICAL-OFFENSIVE

BLOCKS (BASICS): (SAME ARM/LEG OUT)

DOWNWARD BLOCK	LUNGE PUNCH SERIES
RISING BLOCK	
CIRCULAR BLOCK	

ESCAPES:

WRIST GRABS	(KIDS 5 – ADULTS 7)
FRONT CHOKE	

ELBOWS:

#1	REAR ARM GOES BEHIND
#2	REAR ARM GOES FORWARD SLASHING 45°

ONE STEPS:

CLASSICAL -CIRCULAR BLOCK/FRONT KICK/KIAI
PRACTICAL -BLOCK/PUNCH/KIAI

COMBINATIONS:

JAB/REVERSE/FRONT KICK
FRONT ROUND/JAB/REVERSE

WHITE BELT WRITTEN EXAM

Tests are taken directly before physical exam on test day. If age appropriate, the instructor will ask the questions to the student. Feel free to take notes during class.

FILL IN THE BLANK

1. What is the #1 punch called? Jab
2. Spell your instructor's name. Schnell
3. The character trait associated with white belt is Commitment .
4. "Junbee" shows that I can pay Attention .
5. Besides keeping muscles warm, the gi helps me "dress for Success " .

TRUE OR FALSE

6. Wash your belt at least once a month. False
7. Always bow going on & off the Deck (training area). True
8. Always hit with your whole fist. False
9. "Kiai" means spirited yell. True
10. Commitment means "you no longer talk about things, you do them." True