



WHITE BELT ONE STRIPE



SELF-DEFENSE

REQUIRED FOR TESTING

SELF-DEFENSE "A" NO. 1-4

WORK ON IN CLASS

1. NATURAL BLOCK ESCAPES

2. ESCAPES FROM GRAB #1



BASICS

1. FRONT STANCE, DOWN BLOCK [START LEFT]
2. FRONT STANCE, MIDDLE PUNCH [START RIGHT]
3. 'L' STANCE [START LEFT]
4. STRAIGHT LEG 'L' STANCE [START LEFT]
5. PROPERLY FOLD YOUR UNIFORM [WITHIN 90 SECONDS]



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS:

1. FRONT STRETCH KICK
(2 in a row)
2. BACK LEG FRONT SNAP KICK
(2 in a row)

SPORT COMBINATIONS:

OFFENSE:

1. BACK LEG FRONT SNAP KICK
BACKFIST, REVERSE PUNCH
2. 1-2 PUNCH, BACK LEG
FRONT SNAP KICK

DEFENSE

1. SKIP AWAY, SKIP IN, FRONT LEG
FRONT SNAP KICK, 1-2 PUNCH

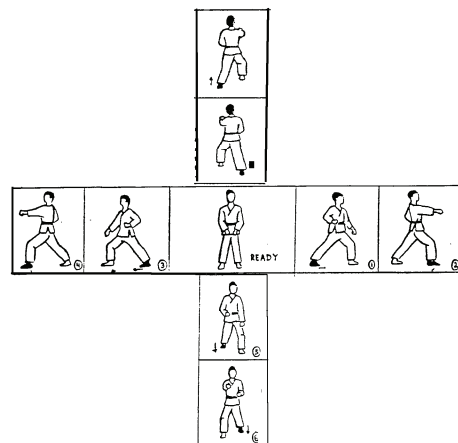
HAND:

1. 1-2 PUNCH, COVER-UP



FORM OR BUNKAI [APPLICATION]

4 DIRECTION PUNCH



OTHER

1. THEORY STRENGTH AND TWISTING MOTION
2. ORAL QUESTIONS
3. SPARRING 3 STEP SPARRING
4. ATTITUDE
5. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [NONE]
6. TEST FEE NONE

