

WHITE BELT TWO STRIPES



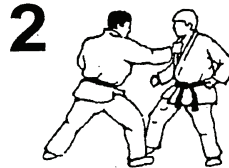
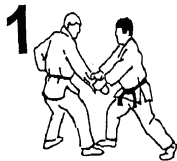
SELF-DEFENSE

REQUIRED FOR TESTING

SELF-DEFENSE "A" NO. 5-6C.

WORK ON IN CLASS

1. NATURAL BLOCK ESCAPES
2. ESCAPES FROM GRABS #1, AND #2



BASICS

1. FRONT STANCE, HIGH BLOCK
[START LEFT]
2. FRONT STANCE, INSIDE FOREARM BLOCK [START LEFT]
3. FRONT STANCE, OUTSIDE FOREARM BLOCK [START LEFT]
4. 'L' STANCE, LOW KNIFEHAND BLOCK [START LEFT]
5. HORSE STANCE
[STEP FORWARD LEFT]



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS:

1. SKIP IN, FRONT LEG FRONT SNAP KICK, BACK LEG ROUNDHOUSE
2. BACK LEG ROUNDHOUSE, FRONT LEG STEP BEHIND SIDE KICK

SPORT COMBINATIONS:

OFFENSE:

1. 1-2 PUNCH, BACK LEG ROUNDHOUSE
2. STEP BEHIND BACK FIST, FRONT LEG SIDE KICK

DEFENSE

1. CIRCLE STEP JAB, FRONT LEG SIDE KICK

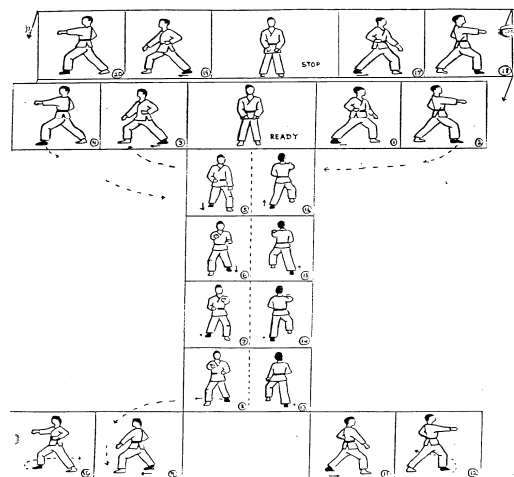
HAND:

1. LEAN AWAY, DRIVING REVERSE PUNCH



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS PLUS BASIC FORM 1 (Kihon)



OTHER

1. THEORY ACTION AND REACTION
2. ORAL QUESTIONS
3. SPARRING 3 STEP SPARRING AND HAND DRILLS WITH HAND PADS
4. WRITTEN PAPER ON ONE: LOVE, RESPECT. SERVICE, OR PERSONAL SACRIFICE
5. ATTITUDE
6. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [NONE]
7. TEST FEE \$15.00

