



White

### White Belt – 1<sup>st</sup> stripe

#### Self-Defense

- **Front Choke**— Two fingers to the throat → front kick → kiai → retreat into fighting guard
- **\*Single Shoulder Grab** — Step back → high block → palm heel to the face → front kick → retreat into fighting guard  
\*(reinforce using both shoulders)
- **Double Lapel Grab** — Raise hand → circle step back using opposite foot → quarter turn → chop down → elbow strike or back fist → low sidekick to knee → retreat into fighting guard

**Kata** — Taikyoku Drill

**3 Turns** — ¼, ½, ¾

**3 Basic Stances** — Kiotske, Hiko dachi, Seisan

**\*Uppers and Loweres**— Every class should incorporate a minimum of 4 uppers and 4 lowers.

\*Students should be proficient in all 15 uppers and all 15 lowers by yellow belt.

### White Belt 1<sup>st</sup> stripe — 2<sup>nd</sup> stripe

#### Self-Defense

- **Straight Arm Choke from behind** — Raise hand → half turn → swirl and grab hold of both arms → upper cut to the ribs → palm heel strike to the face → knee kick to the groin → retreat to fighting guard
- **Forearm Choke from behind** — Grab two hands → double strike with elbows → step away and back kick → retreat into fighting guard
- **Single Shoulder Grab (reinforce using both shoulders)** — Turn to the side into a cat stance → shuto knife hand guard → side straight kick → finish with elbow strike → retreat into fighting guard

**Kata** — Heihan Shodan

**Stances** — Cat Stance, Horse Stance

**\*Uppers and Loweres**— Every class should incorporate a minimum of 4 uppers and 4 lowers

\*Students should be proficient in all 15 uppers and all 15 lowers by yellow belt.

**3 Pad Drills** —

- Punch- punch, duck, kick- kick, jump
- Back fist punch
- Chop- chop, upper cut

**Student Creed** — Must be proficient by yellow belt

### White Belt 2<sup>nd</sup> stripe — Yellow Belt

#### Self-Defense

- **Single Wrist Grab (opponent using same hand to grab)** — Quarter turn against thumb → back fist → side kick to knee → retreat into fighting guard
- **\*Double Wrist Grab (opponent using two hands on defendant's one hand)** — Seisan stance → reach in → palm heel to the face → half turn pulling hand out → back kick → retreat into fighting guard  
\*(reinforce using both hands independently)
- **Double Wrist Grab (opponent grabbing each hand simultaneously)** — Expand & push out slightly → bring hands together quickly → right hand grabs right hand → left hand pulls back → back fist → step into arm bar

**Kata** — Seisan

**Falls** — Forward Roll  
Back Break Fall  
Front Break Fall

**Student Creed** — Must be memorized

**Uppers and Loweres**— Must be proficient in all uppers and lowers

*Kata stipulation—  
Ages 5-7 : If student has ability to master kata on their own then they will perform solo for testing. If student cannot master on their own then they must be able to follow a Sensei for testing.*