



White Belt Curriculum

10 Punches

- 1. Lead Punch
- 2. Reverse Punch
- 3. Lft Hook punch
- 4. Rt Hook punch
- 5. Lft Upper Cut
- 6. Rt Upper Cut
- 7. Left Backfist
- 8. Right Backfist
- 9. Lft Palm Strike
- 10. Rt Palm Strike

10 Elbows

- 1. Left Elbow Front
- 2. Right Elbow Front
- 3. Left Elbow Up
- 4. Right Elbow Up
- 5. Left Elbow Down
- 6. Right Elbow Down
- 7. Left Elbow Back
- 8. Right Elbow Back
- 9. Left Elbow Up and Down
- 10. Rt Elbow Up and Down

Basic Blocks

- 1. Left Low Block
- 2. Right Low Block
- 3. Left Inside Block
- 4. Right Inside Block
- 5. Left Outside
- 6. Right Outside
- 7. Left High Block
- 8. Right High Block
- 9. Left Punch
- 10. Right Punch

Basic Kicks

- 1. Right Leg Raise
- 2. Left Leg Raise
- 3. Rt Swing Kick
- 4. Lft Swing Kick
- 5. Rt Inside Swing Kick
- 6. Lft Inside Swing Kick
- 7. Rt Pickaxe Kick
- 8. Lft Pickaxe Kick
- 9. Rt Knee Kick
- 10. Lft Knee Kick
- 11. Rt Pushing Kick
- 12. Lft Pushing Kick
- 13. Rt Front Kick
- 14. Lft Front Kick
- 15. Rt Roundhouse Kick
- 16. Lft Roundhouse Kick
- 17. Right Side Kick
- 18. Left Side Kick

Stances

- 1. Attention
- 2. Horse Riding
- 3. Ready Stance
- 4. Meditation
- 5. Front Stance

Breaking Tech.

- 1. Stepping Side Kick