



WHITE Belt Curriculum (Focus Team)

1. TRADITIONAL MOVEMENT

- Attention Stance
- Chumbi Stance
- Fighting Stance (hands up)
- Horse Stance, Middle Punch
- Forward Stance
 - Down Block
 - Middle Block
 - Upper Block
 - Reverse Punch
- Back Stance
 - Middle Knife Hand
 - Middle Knife Moving Forward
 - Middle Knife Retreating

Traditional Movement testing

2. SELF DEFENSE

Level 1: Escape

- Straight Arm Wrist Grab
- Cross Arm Wrist Grab
- Verbal Command

Self Defense testing

3. HAND TECHNIQUES

- Back Fist
- Reverse Punch

Hand Testing

4. KICKING TECHNIQUES

- Front Kick
 - Front Leg
 - Rear Leg
- Round Kick
 - Front Leg
 - Rear Leg
- Side Kick
 - Front Leg
 - Rear Leg
- Crescent Kick
 - Rear Leg

Kick testing