



WHITE BELT (7TH KYU)

- Stripe One:** 1-2 Combination
Front Kick (Rear & Lead Leg)
- Stripe Two:** Blocks and Counters
- Low Arc & Counter
 - Push Block & Counter
 - High Cover & Counter
 - Iron Wall & Counter
- Stripe Three:** Horse Stance
Basic Handstrikes
- Snatch and Fire
 - Reverse Punch
 - Double Punch
 - Vertical Strike
 - Under Punch
 - U-Punch
 - Backfist
 - Backfist Variation
- Stripe Four:** Hard Blocking System
- Low Block
 - Middle Block
 - High Block
 - Deflection Block
- Stripe Five:** Round Kick (Rear & Lead Leg)
- Stripe Six:** Three-for-Threes:
- 1-2, rear leg front kick
 - Defensive front kick, 1-2
 - Defensive round kick, 1-2