

WHITE BELT TECHNIQUE LIST

1. Stances

- Forward
- Horse
- High Back

2. Kicks

- Front
- Side
- Roundhouse
- Back

3. Elbows

- Upward
- Backward
- Forward
- Sideward
- Downward

4.

5. Knife Hands

- Vertical
- Horizontal
- Side
- Inward

6. Fist Strikes

- Punch
- Backfist
- Hammer Fist
 - Vertical
 - Horizontal
 - Side
 - Inward

7.

8. Blocks

- Foot
- Middle Area
- Rising
- Outside

Note: all techniques progress from broken down (4 & 2 count) to a complete motion.

RULES OF THE DOJO

- Bow when entering or leaving the Dojo (training hall).
- Bowing is to be done at the opening and closing of each class.
- Bow in response to instruction or help, etc. It is proper for the student of lower rank to

bow first.

- No unnecessary talking; absolutely no swearing.
- No fooling around.
- No gum or candy during class.
- No loose or dangling jewelry.
- Follow rules of etiquette and bowing; take pride in yourself, your training, your uniform, your dojo, and your fellow students.