

## White Belt Curriculum

### Kicks

Stretch Up Front  
Inside/Outside Crescent  
Front Snap Kick  
Round House

### Blocks

Low Block  
Middle Block  
Out/In Block  
High Block

### Stances

Ready Stance  
Attention Stance  
Fighting Stance  
Learning Stance

### Hand Techniques

Hammer Fist  
Back Fist  
Down Ward Chop

### Punches

Low Punch  
Middle Punch  
High Punch  
Reverse Punch

### Kata-(Universal #1)(Moves 1-5)

1. Fighting Stance (Right Leg Back)
2. Back Fist (Left Hand)
3. Reverse Punch (Right Hand)
4. Round House Back leg (Right Leg) Place down in front

### Self Defense (Cross Hand Grabs)

Give students 4 Cross Hand grab of your choice.

### Go Over one of the Awareness's

1. Stanger Danger
2. Bully Buster
3. Safety Awareness

### Go over Student Creed

Dojo Etiquette – (Bowing In/Bowing out. If late for class have students ask permission to enter the floor and bow before just walking in on class.)