

WHITE BELT

STANCES—open leg natural; neutral bow; forward bow; training
Horse; fighting horse; sanchin; hour glass;
Long cat; short cat; reverse bow—(forward and neutral); crane; twist—(front and rear).

KICKS---front- ball of the foot and heel; side-bladed foot with heel; round-from front
crane ball of the foot; back kick-back and heel in line.

BLOCKS—rising: inward; outward; downward.

STRIKES---horizontal fist; vertical fist; hammer fist; back fist; embracing inward
horizontal elbow.

STEPS OF MOTION—step drag; drag step; --with forward bow pivot—combined with
strikes and blocks and kicks.

**HEREAFTER ALL BASICS ARE TAUGHT AS THEY APPEAR IN THE
TECHNIQUE AND FREESTYLE SYLLABUS.**

SETS

SALUTE

STANCE—BASE 1

KICK—BASE 1