



White Belt Curriculum Flow

Repeats 4 times per testing cycle

Week - 1

Attention Stance - Bowing - Ready Stance

Fighting Stance - Explanation

Basic strikes 1 to 10

Leg raise outside swing kick inside swing kick pickax kick

Week - 2

Attention Stance - Bowing - Ready Stance

Horse Stance - Explanation

Basic blocks 1 to 10

Knee kick pushing kick front kick

Week - 3

Attention Stance - Bowing - Ready Stance

Front stance - Explanation

Basic elbow strikes 1 to 10

Roundhouse Kick, Sidekick and Stepping Side Kick

Explanation of Breaking technique.

Testing review as you get closer to testing day