

WHITE BELT SYLLABUS

10th KYU

Peewee (4&5 Years)

HAND TECHNIQUES

Seiken Jodan Morote Zuki - Double Face Punch
Seiken Chudan Morote Zuki - Double Middle Punch
Seiken Gedan Morote Zuki - Double Groin Punch
Seiken Ago Zuki - Forefist Strike To Chin

BLOCKS

Kakiwake Uke - Double Downward Circular Block

KICKS

Mae Keage - Front Straight Kick
Mae Geri - Front Snap Kick
Kin Geri - Groin Kick
Hiza Geri - Knee Kick

STANCES

Fudo Dachi - Normal Stance
Heiko Dachi - Parallel Stance

To Receive Advanced White Belt Patch:

- 1 month training & 15 classes minimum. (see your chief instructor for patch)

ADVANCED WHITE BELT SYLLABUS 9.5 KYU

Peewee (4 & 5 Years)

HAND TECHNIQUES

Sanbon Morote Zuki - Three Times Double Punch
Uraken Shomen Uchi - Inverted Fist Strike To Face
Uraken Sayu Uchi - Inverted Fist Strike To Side

BLOCKS

Jodan Uke - Upper Block

STANCES

Kiba Dachi - Horse Straddle Stance

MOVEMENTS

Yoi - Get Ready

To Be Eligible for Promotion:

- Review all previous material
- 1 month training & 15 classes minimum since Advanced White Belt Belt Patch