

White Belt



Class 1

- 01 Introduction 2:12
- 02 Warm Up 14:09
- 03 Stances 18:25
- 04 Blocks 16:07

Class 2

- 02 Warm Up 14:09
- 03 Stances 18:25 (Foot Work)
- 04 Blocks 16:07 (Foot Work)
- 05 Punching 09:08
- 07 Strait Leg Kicks 10:35

Class 3

- 02 Warm Up 14:09
- 07 Strait Leg Kicks 10:35 (5 with each leg)
- 03 Stances 18:25 (Foot Work)
- 04 Blocks 16:07 (Foot Work)
- 06 Knife Hands 09:04
- 08 Bent Leg Kicks 12:28

Class 4

- 02 Warm Up 14:09
- 07 Strait Leg Kicks 10:35 (5 with each leg)
- 03 Stances 18:25 (Foot Work)
- 04 Blocks 16:07 (Foot Work)
- 06 Knife Hands 09:04 (Walking, Horse & Footwork)
- 08 Bent Leg Kicks 12:28

Class 5

- 02 Warm Up 14:09
- 07 Strait Leg Kicks 10:35 (5 with each leg)
- 03 Stances 18:25 (Foot Work)
- 04 Blocks 16:07 (Foot Work)
- 06 Knife Hands 09:04 (Walking, Horse & Footwork)
- 08 Bent Leg Kicks 12:28 (5 with each leg)
- 09 4 Direction Punch 06:13

Class 6

02 Warm Up 14:09

07 Strait Leg Kicks 10:35 (5 with each leg)

03 Stances 18:25 (Foot Work)

04 Blocks 16:07 (Foot Work)

06 Knife Hands 09:04 (Walking, Horse & Footwork)

08 Bent Leg Kicks 12:28 (5 with each leg)

09 4 Direction Punch 06:13 (by numbers & full action)

10 4 Direction Block 03:33

Class 7

- 02 Warm Up 14:09
- 07 Strait Leg Kicks 10:35 (5 with each leg)
- 03 Stances 18:25 (Foot Work)
- 04 Blocks 16:07 (Foot Work)
- 06 Knife Hands 09:04 (Walking, Horse & Footwork)
- 08 Bent Leg Kicks 12:28 (5 with each leg)
- 09 4 Direction Punch 06:13 (by numbers & full action)
- 10 4 Direction Block 03:33 (by numbers & full action)

Repeat Class 7 until you are comfortable with all of the techniques.

Then test for your Yellow Belt.