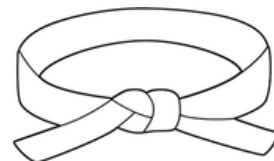




WHITE BELT



Belt Meaning

The white belt is emblematic of purity, innocence, and the potential for greatness. Like a blank sheet of paper, untouched and full of potential, the white belt signifies the start of a new adventure.

Stripe Requirements

Basics (Yellow)	Blocks: Low Block, High Block, Outside Block, Inside Block Stances: Attention, Ready, Kicking, Horseback Riding, Front
Self Defense (Blue)	Form: 20 Steps # 1
Kicking (Red)	Basic Punching, Snap Kick, Front Kick, Roundhouse Kick

Breaking Technique

FRONT KICK