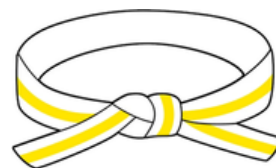




HIGH WHITE BELT



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)	Form: 20 Steps # 2
Self Defense (Blue)	Front Stance + Basic Block Combinations
Kicking (Red)	Side Kick, Basic Kicks with Front Leg

Breaking Technique

Side Kick