

GOALS FOR BEGINNERS

Teens, and Adults

- Protocol
Introduction to basic rules and regulations
- Basics
Introduction to
Stances
Hand Strikes
Basic Blocks
Kicks

WHITE BELT REQUIREMENTS

Teens, and Adults

Student must have 10 classes

- Protocol
Understanding the meaning of bowing procedures.
Students must demonstrate respect, honor, and discipline for others at all times.
- Terminology
Domo - Thank you
Sensei - Teacher/Instructor
Kiba dachi - Horse Stance
Fudo dachi - Attention/Ready Stance
- Basics
Horse Stance
Tiger Claw
Rising Block
Front Kick
Straight Punch
Clap Block
Outside Forearm Block

Uniforms must be kept clean and neat.