

# White Belt Skills

## Yellow Stripe

### Self-Defense Questions:

Do you want to fight?

**NO**

Will you fight if necessary?

**YES**

Are you afraid to fight? **FEAR**

**DOES NOT CONTROL MY  
ACTIONS.**

## Green Stripe

### Basic Stances:

Attention

Ready

Front

Back

Sitting

Fighting

Open Guard



### Testing Skills:

- Answer Self-Defense Questions
- Techniques (on targets)
- Blocking Drills (with judges)
- 1-Steps (w/partner from memory)

## Blue Stripe

### Techniques

Jab

Punch

Palm heel

Back leg front kick

Front leg side kick

## Red Stripe

### Blocking Drills

1) Low block

2) Outer forearm block

3) Middle block

## Black Stripe

### 1-Steps

(See Below)

Juniors #1 and #2

Teen/Adults #1-#4

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**1-Steps:** from attacker stepping forward to punch with right hand; **bolded words are cues** used in classes by instructors; all kihaps(yells) are underlined

#1) Right foot back to left open guard, Left front leg **side kick**, left **backfist**, right **punch**, **ready**, **fight** (double step out)

#2) Right foot back to left open guard, Left **middle block**, right **palm heel**, right back leg front kick, **ready**, **fight**

#3) Right foot back to left open guard, **Side** step with left foot, right outer forearm **block**, right **step** toward attacker, left **palm** heel(ribs), right **palm** heel(face), left **punch**(face), **ready**, **fight**

#4) Right foot back to left open guard, **Step** forward with right foot, left **outer** forearm block, right **elbow**(face), right **backfist**(ribs), right front leg **side kick**, **ready**, **fight**