



## White and Brown Belt

### 1. Basic Stances

- Relaxed position
- Attention stance
- Ready position
- Horse riding stance
- Left leg guard stance
- Right leg guard stance
- Switch guard stance

### 2. Basic Hand Techniques

- Jab with the front hand
- Reverse punch with the back hand
- Back fist with the front hand  
*(Accurate on both stances)*
- Ridge hand with the front hand

### 3. Basic Feet Techniques

- Front kick with the front leg
- Roundhouse kick with the front leg  
*(Accurate on both stances)*
- Side kick with the front leg

### 4. Basic Blocks

- Upper block with the front hand
- Middle block with the front hand  
*(Accurate on both stances)*
- Lower Block with the front hand

### 5. Counter Techniques

- Partner jabs to the head - upper block with the front hand
- Partner reverse punches to the stomach – middle block with the front hand
- Partner front kicks with the front leg – lower block with the front hand

### 6. Balance and Control

- Jumping on and off the 8 focus pads performing kick on and off each pad. (Showing focus, control and balance)

On belt testing day you will be marked on your attitude and effort from all classes, as well as on your testing day.

Students should have been put forward for testing by their instructor.

Students should have a current martial Arts licence booklet

Students should have a full martial arts uniform and a current belt.

