

WHITE BELT SYLLABUS

10th KYU

Peewee (4&5 Years)

HAND TECHNIQUES

Seiken Jodan Morote Zuki - Double Face Punch
Seiken Chudan Morote Zuki - Double Middle Punch
Seiken Gedan Morote Zuki - Double Groin Punch
Seiken Ago Zuki - Forefist Strike To Chin

BLOCKS

Kakiwake Uke - Double Downward Circular Block

KICKS

Mae Keage - Front Straight Kick
Mae Geri - Front Snap Kick
Kin Geri - Groin Kick
Hiza Geri - Knee Kick

STANCES

Fudo Dachi - Normal Stance
Heiko Dachi - Parallel Stance

ADVANCED WHITE BELT SYLLABUS 9.5 KYU

Peewee (4 & 5 Years)

HAND TECHNIQUES

Sanbon Morote Zuki - Three Times Double Punch

Uraken Shomen Uchi - Inverted Fist Strike To Face

Uraken Sayu Uchi - Inverted Fist Strike To Side

BLOCKS

Jodan Uke - Upper Block

STANCES

Kiba Dachi - Horse Straddle Stance

MOVEMENTS

Yoi - Get Ready
