TEEN WHITE TO YELLOW BELT

FUNDAMENTALS

STANCES AND FOOTWORK

- Front Position
- Attention Position
- Relax Position
- Right Foot on Elbows
- Horse Stance
- Elbow Position
- Slap Out

KICKS

- Front Ball Kick
- Instep Kick
- Crescent Kick
- Reverse Crescent Kick

HAND STRIKES

- Front Two Knuckle
- Back Two Knuckle
- Hammer Strike
- Palm Strike
- Shuto
- Tigers Claw

BLOCKS

- Eight Point Blocking System

SELF DEFENSE

JIU JITSU'S

- "Pull the Frog"
- "Magic Wave"
- "Please Don't"
- "The Snake"

COMBINATIONS

- Combination 6
- Combination 7