



White Belt (Going for the 1st Stripe)

(Set of 10)

From **Shizentai Kamae** (Natural stance)

1. **Chudan Zuki** (Body level Punch) on the spot
Pay special attention for: Thumb covering your other four fingers; shoulder relaxed, keep your back straight; feet apart; both feet parallel and facing forward; looking straight
2. **Gedan Barai** (Downward block)
Starting from Shizentai kamae (Natural stance) stepping forward with your left arm blocking lower part of your body; sweeping your left arm on top of the right arm going down. At the end of the technique, your fist should be above your knee having space of between one to two times of your fist size.
3. **Chudan Oi-Zuki** (Straight punch)
Starting from Shizentai kamae (Natural stance) stepping forward with punching body level. Make sure you are punching with your left hand when you step forward with your left leg. Then you go back to your natural stance and then step forward with your Right leg while punching with your right hand.
4. **Soto Uke** (Side block)
Starting from Shizentai kamae (Natural stance) stepping forward with a side block. Start with your left leg going forward while you bring your left arm up and your left hand/fist is beside your left ear (Palm of your hand is facing out in fist position) then bring your arm down in front of your body. Palm of your hand facing you. The space between your elbow and your body should be between one to two fists.
5. **Mae Geri** (Front kick) on the spot
From Heisoku Dachi (Feet and toes together; bend your knee slightly and keep your back straight). Start with your left leg; bring it up and kick with the ball of your foot and make sure to collect your kick before you put it down on the floor for the next kick which will be your right.

Please Note:

- You will be invited to grade once you completed the required dojo training sessions. Please see the chart on the dojo wall or in our website.
- Your first two exams are to get to know the routine of the karate test. We will help you out in every step of the way.
- No Japanese terminology is needed at this level.
- Students may be asked to demonstrate on how to tie their Belt correctly.

Dojo required training sessions	
Juniors (15 years and younger)	10 to 15
Adults (16 years and older)	5 to 10