

WHITE BELT STUDY GUIDE

FIRST BLACK STRIPE: Student Creed - Memorize & Recite

Student Creed

1. I will develop myself in a positive manner and avoid anything that would impair my mental growth or physical health.
2. I will develop self-discipline, in order to bring out the best in myself and others.
3. I will use the skills I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive.

SECOND BLACK STRIPE: White Belt Combinations 1 - 3; Flags on Uniform Minimum 4 Classes

Combination #1

- | | | |
|--------------|-------------------|---------|
| 1. Back Fist | 2. Step Back Fist | 3. Turn |
| 1. Back Fist | 2. Step Back Fist | 3. Turn |

Combination #2

- | | | |
|----------------|---------------------|---------|
| 1. Front Punch | 2. Step Front Punch | 3. Turn |
| 1. Front Punch | 2. Step Front Punch | 3. Turn |

Combination #3

- | | | |
|------------------|-----------------------|---------|
| 1. Reverse Punch | 2. Step Reverse Punch | 3. Turn |
| 1. Reverse Punch | 2. Step Reverse Punch | 3. Turn |

THIRD BLACK STRIPE: White Belt Combinations 4 - 6; Escrima Sticks and Nunchucks Minimum 8 Classes

Combination #4

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|------------------------|-----------------------------|---------|
| 1. Lead Leg Front Kick | 2. Step Lead Leg Front Kick | 3. Turn |
| 1. Lead Leg Front Kick | 2. Step Lead Leg Front Kick | 3. Turn |

Combination #5

- | | | |
|------------------------|------------------------|---------|
| 1. Rear Leg Front Kick | 2. Rear Leg Front Kick | 3. Turn |
| 1. Rear Leg Front Kick | 2. Rear Leg Front Kick | 3. Turn |

Combination #6

- | | | |
|--------------|--------------------------|---------|
| 1. Side Kick | 2. Step Behind Side Kick | 3. Turn |
| 1. Side Kick | 2. Step Behind Side Kick | 3. Turn |

FOURTH BLACK STRIPE: Word of the Belt - Memorize & Recite Minimum 12 Classes

Positive Self-Awareness:

- ★ Winning Black Belts know who they are and where they are going. They understand themselves and their goals.