

WHITE BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Student Creed

1. I intend to develop myself in a positive manner, and avoid anything that would impair my mental growth or physical health.
2. I intend to develop self- discipline, in order to bring out the best in myself and others.
3. I intend to 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:

Combination #1

1. Back Fist 2. Step Back Fist 3. Turn
4. Back Fist 5. Step Back Fist 6. Turn

Combination #2

1. Front Punch 2. Step Front Punch 3. Turn
4. Front Punch 5. Step Front Punch 6. Turn

Combination #3

1. Reverse Punch 2. Step Reverse Punch 3. Turn
4. Reverse Punch 5. Step Reverse Punch 6. Turn

THIRD BLACK STRIPE:

Combination #4

1. Front Leg Front Kick 2. Step Front Leg Front Kick 3. Turn
4. Front Leg Front Kick 5. Step Front Leg Front Kick 6. Turn

Combination #5

1. Back Leg Front Kick 2. Back Leg Front Kick 3. Turn
4. Back Leg Front Kick 5. Back Leg Front Kick 6. Turn

Combination #6

1. Side Kick 2. Step Behind Side Kick 3. Turn
4. Side Kick 5. Step Behind Side Kick 6. Turn

FOURTH BLACK STRIPE:

Positive Self-Awareness:

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