

NO BELT - REQUIREMENTS FOR WHITE BELT

General: Show Respect by bowing: at dojo doors
to Sensei at beginning & end of class
when working with a partner
Stand at attention (*Ki o tsuke*) Bow (*Rei*)

Recite Student Creed:

MY GOAL IS TO BECOME
THE BEST PERSON I CAN BE.
I WILL ACHIEVE THIS OBJECTIVE
BY DISCIPLINING MY BODY AND MY MIND;
WORKING TO OVERCOME OBSTACLES
THAT HINDER MY POSITIVE GROWTH.
I KNOW THIS WILL TAKE DISCIPLINE.
I AM READY TO MAKE THIS COMMITMENT
TO MYSELF IN ORDER TO BECOME
THE BEST PERSON I CAN BE
AND TO SHARE THIS PROGRESS WITH OTHERS

Basics or *Kihon*:

Postures:	(<i>Dachi</i>)	Attention Stance	(<i>Heisuko Dachi</i>)
		Listening Posture	(<i>Shizen Dachi</i>)
		Natural Stance	(<i>Heiko Dachi</i>)
		Ready Posture	(<i>Renoji Dachi</i>)
Hand Techniques:	(<i>Te</i>)	Knife Block	(<i>Shuto Uke</i>)
		Lead Punch	(<i>Tsuki</i>)
		Reverse Punch	(<i>Gyaku Tsuki</i>)
		Vertical Punch	(<i>Tate Tsuki</i>)
Leg/Foot Techniques:	(<i>Geri</i>)	Front Kick	(<i>Mae Geri</i>)
		Knee Strike	(<i>Hiza Geri</i>)

Streetsmarts™: Best Self-Defence (Run Away!)
“No” and “Stop”

Kata: Thank You Kata (count is 10)

BONES OF THE HAND

Fingers	Phalanges
Hand	Meta-Carpals
Wrist	Carpals

