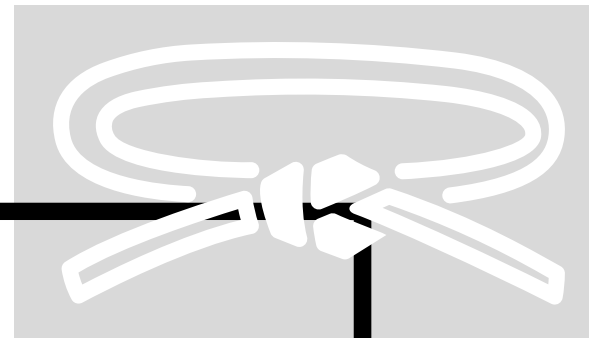


White Belt Skills



<p>Self-Defense Questions: Do you want to fight? NO Will you fight if necessary? YES Are you afraid to fight? FEAR DOES NOT CONTROL MY ACTIONS.</p> <p>Yellow Stripe</p>	<p>Blocking Drills 1) Low block/Backfist 2) Outer forearm block/Punch 3) Outside block/Knifehand</p> <p>Green Stripe</p>	<p>Combinations 1) Jab/punch/front kick 2) Front kick/jab/hook 3) Side kick/knifehand/punch</p> <p>Blue Stripe</p>
<p>Basic Stances: Attention Ready Front Back Sitting Fighting Open Guard</p> <p>Purple Stripe</p>	<p>1-Steps (See Below) Suggested to learn them then practice with a partner attacking.</p> <p>Red Stripe</p>	<p>Combatives (See Below) Suggested to learn them then practice with a partner attacking.</p> <p>Black Stripe</p>

1-Steps: (from attacker stepping forward to punch/grab or push)

- 1) Side step/outer forearm block/step forward/palm heel(ribs)/palm heel(face)/punch(face)
- 2) Step back/outside block/palm heel(face)/back leg front kick(stomach)

Combatives: (from attacker stepping forward to punch/grab or push)

- 1) Step back/front leg side kick/backfist/ punch/get out
- 2) Step back/back leg step forward/outer forearm block/elbow(face)/backfist(ribs)/ front leg side kick

*A White Belt is ready to test after getting all stripes and when they know all these skills.