

White Belt

Form

White segment

Blocks:

- High block
- Middle block
- Low block

Strikes:

- Front kick (kick with ball, instep, or whole foot)
- Jab punch (with front hand when in fighting stance, short fast punch)
- Reverse punch (with back hand when in fighting stance, strong punch)

Stances:

- Front stance (weight forward on front foot, back leg straight)
- Back stance (feet at 90 degree angle, 60% weight on back foot)
- Middle stance (bend knees, feet parallel toward front)
- Fighting stance (body position used for combat or sparring purposes)