

PACIFIC KICKS

MARTIAL ARTS



White Belt Curriculum

EARNING YOUR WHITE BELT

As a new student, you will be given the opportunity to test for your white belt after having completed 7 classes. Testing for your white belt consists of memorizing and reciting the Student Creed.

White belt form (1st Stripe)

Kamsa meaning Appreciation

1. Joon bee (Ready Stance)
2. Left fold
3. Left chop block
4. Back punch
5. Right fold
6. Right chop block
7. Back punch
8. Joon bee

Basics (2nd Stripe)

Defensive techniques are executed in a stationary position. Offensive techniques are executed with a front foot step up.

1. Front punch
2. Back punch
3. Front leg front kick
4. Front leg side kick
5. Front leg round kick

Technical Kick

3 Count Front Kick

1. Front kick fold
2. Front kick snap and refold
3. Foot down

Blocks and Counters (3rd Stripe)

Block and counter the following:

1. Front Punch
2. Back Punch
3. Front Kick
4. Side Kick
5. Round Kick

12 Stances

1. High closed stance
2. High open stance
3. High back stance
4. High twist stance
5. Low closed stance
6. Low open stance
7. Low back stance
8. Low twist stance
9. Front stance
10. Front kick stance
11. Side kick stance
12. Round kick stance

Class count

Complete at least 30 regular classes to move from White to Gold