

## **White Stripe #1**

**STANCES/TRANSITIONS:** Musubi-dachi, soto-hachiji-dachi, uchi-hachiji-dachi, shiko-ashi-dachi, seisan-dachi, walk in seisan-dachi and shiko-ashi-dachi, seiza

**PROTOCOL:** Respect, rules of the dojo

**PUNCHES:** Choku-zuki, shiko-zuki

**BLOCKS:** Shuto-uke

**KIHON:** Kihon-dosa-ichi

**CONCEPTS:** Kiai, hikite

## **White Stripe #2**

**PUNCHES:** Oi-zuki

**BLOCKS:** Jodan-uke, uchi-uke, gedan-barai

**KIHON:** Kihon-dosa-ni

**CONCEPTS:** Linear translation, chika-ma/ma-ai/to-ma, sen timing

## **White Stripe #3**

**STANCES:** Turn in seisan-dachi (kaishi and to the side), sagi-ashi-dachi

**KICKS:** Mae-geri, yoko-geri, mae-ashi-geri

**KIHON:** Zenshin-kotai

## **Full Yellow**

**PROTOCOL:** Tie your own belt

**CONCEPTS:** Sabaki/Tsukuri

**GOSHIN-JITSU:**

Attack a partner using correct ma and target areas with: oi-zuki, shiko-zuki, mae-geri, yoko-geri, mae-ashi-geri
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Block an incoming attack using each block (jodan-uke, shuto-uke, uchi-uke, gedan-barai)
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