



WORLDCLASS AMERICAN KARATE

WHITE BELT REQUIREMENTS

FORM, COMBINATIONS, AND ONE-STEPS (ADULTS ONLY)

PUNCHES:

Backfist
Jab
Middle Punch
High Punch

BLOCKS:

Middle Block
Down Block

KICKS:

Defensive Front Kick
Back Leg Front Kick
Defensive Side Kick
Slide-up Side Kick
Defensive Round Kick
Slide-up Round Kick

BALANCE: (10 front kicks, 10 round kicks, each leg, on and off wall)

CRUNCHES, PUSH-UPS, AND SPLITS (American & Chinese)

OTHER: Karate stance, Respect, Bow

FORM: (In the shape of the letter "I")

1. Ready position. Look left, turn to the left, middle block, middle punch, back leg front kick (land in front), yell!
2. Look over the left shoulder, turn to right 180 degrees by swinging right leg into forward stance, middle block, middle punch, back leg front kick (land in front), yell!
3. Turn to the left by swinging the left leg 90 degrees into a front stance, middle block, middle punch, back leg front kick (land in front), slide-up side kick, set down in front stance, backfist, middle punch, yell !
4. Look over right shoulder, swing left leg 135 degrees into front stance, middle block, middle punch, back leg front kick (land in front), yell!
5. Look over left shoulder, swing right leg 135 degrees to the right landing in a front stance, middle block, middle punch, back leg front kick (land in front), yell !
6. Repeat steps 3, 4, and 5.

COMBINATIONS:

1. Backfist, middle punch, back leg front kick, yell!
2. Slide-up side kick, backfist, middle punch, yell!
3. Slide-up jab, defensive round kick, high punch, yell!

ONE-STEPS:

1. Step inside, middle block, high punch, and yell!
2. Step outside, inside block with front arm, middle punch to ribs, and yell!
3. Defensive front kick, backfist, middle punch, and yell!