

White Belt Syllabus

Hand Techniques

Chudan Tsuki- Middle Punch
Gedan Tsuki- Low Punch
Jodan Tsuki- High Punch
Jodan Morote Tsuki- Double Punch
Shuto Uchi Uchi- Inside Out Knife Hand Strike
Uraken Shomen Uchi- Inverted Fist Strike
Seiken Ago Uchi- Jab To Head
Shotei-Uchi- Palm Heel Strike
Hiji Ushiro- Back Elbow Strike
Chudan Soto Uke- Middle Outside In Block
Gedan Barai- Low Block
Jodan Uke- High Block
Chudan Uchi Uke- Middle Inside Out block

Kicks

Mae Keage- Front Stretch Kick
Hiza Geri – Knee Kick
Mae Geri- Front Snap Kick
Kin Geri- Groin Kick
Ushiro Geri- Back Kick

Stances

Fudo Dachi- Normal Stance
Kiba Dachi- Horse Straddle Stance
Kokutsu Dachi- Back Leaning Stance
Heisoku Dachi- Close Stance (Used in Kyotskai)
Zenkutsu Dachi- Front Leaning Stance

Kata

White Belt (10th Kyu): [Taikyoku I](#) & [Taikyoku II](#)
White Belt (9th Kyu): [Taikyoku III](#)

Self Defense

White Belt (10th Kyu): [Basic #1](#), [Basic #2](#), [Basic #3](#), & [Basic #4](#)
White Kyu (9th Kyu): #1 – #4 both sides

Requirements for Testing

White Belt (10th Kyu) to White Kyu (9th Kyu): minimum 20 classes and 3 months, 2 stripes, gi patches, be able to recite the [student creed](#) and [count to 10 in Japanese](#).
White Kyu (9th Kyu) to Blue Belt (8th Kyu): minimum 20 classes and 3 months, 2 stripes.