

WHITE & YELLOW BELT CURRICULUM

Blocks	Punches	Kicks	Ground	Grabs	Keywords	Stretches
Rising	High	Knee	rocking chair	Single hand	Anza	Leg raises
Side	Middle	Snap	side slap	Double hand	Kosgei	Frog hops
X-hand	Low	Push	back slap	cross-grip	Seiza	Bunny hops
high palm	Upper cut	Crescent				Crab walk
middle palm	Hammer fist	chicken				Toe Touches
Scooping	downward elbow					Arm circles
Sweeping						



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**LEARN AND
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- ✓ Self Defense
- ✓ Discipline
- ✓ Respect
- ✓ Coordination
- ✓ Confidence
- ✓ Fitness
- ✓ Safety
- ✓ Respect
- ✓ Honor
- ✓ Courage