

# **Required material White to Yellow Belt**

Hand Strikes: Front Punch, Back Punch, Thrust Punch, Tiger Claw and Palm Heal.

Kicks: Front Kick, Back Kick and Side Kick.

Combinations: 6 and 7.

Blocks: 8 Point Blocking System.

Grab Techniques: Wrists high and Low, Two hands on one wrist and Front choke.

Stances: Front Position, Horse stance, Half moon stance.

Foot Work: Half Moon step.

2 Self Defense techniques of your choice. (Adults Only)

The Six School Rules: Respect.  
Effort.  
Etiquette.  
Sincerity.  
Character.  
Self Control.

If you have any questions please do not hesitate to ask.

Sensei David Wilson.

