

<b>Stance:</b>	Ready	Straddle	Foreward
<b>Strike:</b>			
<b>Punch:</b>	Lunge	Alternate	
<b>Kick:</b>	Front Snap (rear leg)		
<b>Block:</b>	Rising		
<b>Kata:</b>	Short Turn		
<b>Kumite:</b>			
<b>Testing Points:</b>	Basic waza understanding, resembles basic mechanics. Nurture "4 count" turning during development of short turn. Stress one level movement & "C" step		

**White Belt 1 yellow stripe**