

WHITE BELT 3RD STRIPE

Basics (Combination Strikes with Feather Touch):

Shuffle Side Kick, Reverse Punch
Shuffle Wheel Kick, Reverse Punch
Shuffle Backfist, Reverse Punch
Shuffle Reverse Punch, Reverse Punch
Roundhouse Kick, Reverse Punch

Stances (Review Verbals 7-8 below and 1-6 from 1st and 2nd Stripe):

Horse Stance Cat Stance
Scissor Stance Hard Bow
Soft Bow Attention Stance (or focus stance)

Stretches: Splits and Side Splits.

Verbals:

7. Self-Discipline: Doing things without being told.
8. What does being in good position mean?
Ready to strike, ready to defend, and being in good range.

Defenses: For "Basics" Above.

Awareness Reaction Positioning Drill:

Footwork Partner Drill for Controlling the Distance and Riding the Edge.

- A. Shuffles forward, back, right or left, controlling the distance from partner and staying one step ahead.
- B. Follows mirroring and staying in the same range of distance.

Power Strikes: For "Basics" Above.

Break-Free Techniques:

Technique: Strangle Hold

Attack: Right strangle hold from back.

Defense: Your left hand grabs their right thumb and back of hand and pulls down. Your right palm pushes up against their right elbow taking away their leverage. You tuck your chin and sink your weight as your left leg moves behind your right leg as you duck and turn back out of hold. Move away and show a non-threatening stance.

Technique: Tackle 1 - 2

Attack: Waist tackle or leg dive.

Defense: Start from feet together. (Variation 1 and 2)

1. Defender shuffles sideways into a solid stance, keep fingers together and push off shoulder(s) or their arm, and move away showing a non-threatening stance.
If attacker is light enough, push them off. If not, push yourself away from them.
2. If attacker's arms get to close, use a downward arm circle and move away.

Conditioning: Shoulder Push-ups, Leg Raises, and Crunches.