

# Black Belt White Stripe 1st Kyu

## Punches

- Basic Punching Drills
- Slide forward jab cross, switch stance, jab cross
- Slide forward 4 punches
- Slide forward, Jab, Elbow
- Jab Cross, Hook, Uppercut
- Jab Cross, Hook, Elbow
- Jab Cross, Body Rip

## Kicks

- Front kick
- Roundhouse kick
- Double Roundhouse kick
- Crescent Kicks
- Spinning Kicks (down room)
- Turning Side Kicks ( to bags)
- Knees
- 4 Sabaki Footsteps
- Side Kick, Hook Kick

## Combinations

- 2 Punches, 2 Front kicks
- 2 Punches, 2 Roundhouse kicks
- 2 Punches, Right Front kick, Left Roundhouse kick
- 2 Punches, Right Roundhouse kick, Left Front kick
- 2 Punches, Right Leg Kick
- 2 Punches, Inside Left Kick
- 2 Punches, Right Leg kick, Left knee
- 2 Punches, Left Inside Kick, Right Knee
- 2 Punches, Right Knee, Right Roundhouse Kick
- 2 Punches, Left Knee, Right Elbow
- 2 Punches, Right Roundhouse Kick, Pull back, Right Spin Kick
- 4 Punches, step across, Left Roundhouse Kick

- 4 Punches, step across, Right Roundhouse Kick
- 4 Punches, Thai Clinch, 2 Right Knees, Pivot, 2 Left Knees, Elbow
- 4 Punches, Right Knee, Left Knee, Pivot, 2 Right Knees, Right Elbow
- Slide forward, 4 Punches, Right Roundhouse kick
- Slide forward, 4 Punches, Left Roundhouse kick
- Left front kick, 2 Punches, Right Roundhouse, Left Roundhouse kicks
- Left front kick, 2 Punches, Left Roundhouse, Right Roundhouse kicks
- Front Kick, Crescent Kick, Roundhouse Kick (moving forward)
- Jab Cross, Right Leg Kick, Left Head Kick
- Jab Cross, Left Inside Kick, Left Head Kick
- Jab Cross, Leg Check, Double Right Roundhouse Kick
- Jab cross, Leg Check, Double Left Roundhouse Kick
- Blocking Drill with Counters

### Kata

- Shoshin Kata
- Shoshin Kata with partner attacking
- Straight Punch Kata
- Straight Punch Kata with partner attacking
- Leg Check Kata
- Leg Check Kata with partner attacking
- Kumite Kata 1
- Kumite Kata 1 with partner attacking
- Kumite Kata 2
- Kumite Kata 2 with partner attacking
- Kumite Kata 3
- Kumite Kata 3 with partner attacking

### Sparring

- 16 Rounds of sparring

### Blocking Drills