

# White Belt Requirements

Practice  
DVD  
\$20

P.O. Box 2452 Dade City, FL 33526 (813) 340-6122 staff@chriswelbonkarate.com

<u>STANCES</u>	<u>BLOCKS</u>	<u>STRIKES</u>	<u>KICKS</u>	<u>1-10 IN JAPANESE</u>	<u>TEN ELEMENTS OF POWER</u>	
Ready	High	Lunge Punch	Front Snap	1-ichi 6-roku	Speed	Reactionary Force
Front	Down	Reverse Punch	Front Thrust	2-ni 7-shichi	Focus	Full Extension
Back	Double	Hammer Fist	Round	3-son 8-hachi	Timing	Correct Stances
Riding	Double Knife Hand	Back Fist		4-shi 9-ku	Hips	Breathing
Fighting				5-go 10-ju	Concentration	Intensity

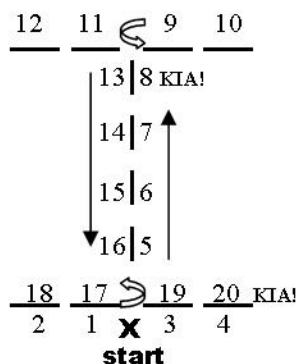
## 3 STEP SPARRINGS

- 1) Step back with your R leg into a front stance and execute a L down block. KIA!
- 2) Moving forward execute 3 front stances starting with your R foot and 3 lunge punches to the chin.
- 3) Moving backward execute 3 front stances starting with your R foot and execute 3 high blocks.
- 4) Without out moving your feet, execute a R reverse punch to the solar plexus. KIA!

- 2) R Punch ↑
- 2) L Punch ↑ ↓ 3) L High Block
- 2) R Punch ↑ ↓ 3) R High Block
- 1) R leg back & L Down Block ↓ ↓ 3) L High Block KIA! 4) Reverse Punch KIA!

## KATA

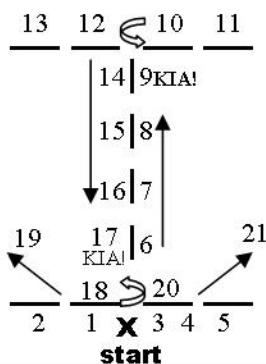
TIAKYOKU SHO-DAN Pronounced- tie-key-o-ku sho-dan Meaning- First Cause #1 # of movements- 20 KIA on- 8 & 20



This kata is considered an “ I ” pattern. It is made up of only front stances, down blocks and lunge punches to the solar plexus.

- 1) L Down Block
- 2) R Punch
- 3) R Down Block
- 4) L Punch
- 5) L Down Block
- 6) R Punch
- 7) L Punch
- 8) R Punch KIA!
- 9) ⤵ L foot spin behind & L Down Block
- 10) R Punch
- 11) R Down Block
- 12) L Punch
- 13) L Down Block
- 14) R Punch
- 15) L Punch
- 16) R Punch
- 17) ↶ L foot spin behind & L Down Block
- 18) R Punch
- 19) R Down Block
- 20) L Punch KIA!

HEAIN SHO-DAN Pronounced- hay-on sho-dan Meaning- Peaceful Mind #1 # of movements- 21 KIA on- 9 & 17



This is your high rank kata and is very similar to tiakyoku-shodan. It is the first of five Heain katas you will learn. Remember: *All Knife Hand Blocks are in Back Stances.*

- 1) L Down Block
- 2) R Punch
- 3) R Down Block
- 4) R Sweep R Hammer Fist Strike
- 5) L Punch
- 6) L Down Block & L Grab
- 7) R High Block & R Grab
- 8) L High Block & L Grab
- 9) R High Block KIA!
- 10) ⤵ L foot spin behind & L Down Block
- 11) R Punch
- 12) R Down Block
- 13) L Punch
- 14) L Down Block
- 15) R Punch
- 16) L Punch
- 17) R Punch KIA!
- 18) ↶ L foot spin behind & L Knife Hand Block
- 19) R Knife Hand
- 20) R Knife Hand
- 21) L Knife Hand

Additional material for evening class students include:  
3 Steps with a partner, Self-Defense Techniques  
& Sparring Combinations



Don't forget your extra credit bible verse for the belt testing!

I can do all things with Christ who strengthens me.  
(Do not use this scripture, please.)