

White Belt Techniques

Stances

Yoi-Dachi: *Ready Stance*

Fudo dachi *Formal stance*

Zenkutsu dachi *Forward leaning stance*

Strikes

Morote tsuki *Double punch* **Jodan/ Chudan/ Gedan**

Oi tsuk *Single front punch* **Jodan/ Chudan/ Gedan**

Blocks

Jodan uke *Upper block*

Mae gedan barai *Lower sweeping block*

Kicks

Hiza ganmen geri *Knee kick*

Kin geri *Groin kick*

Mae Geri *Front kick*