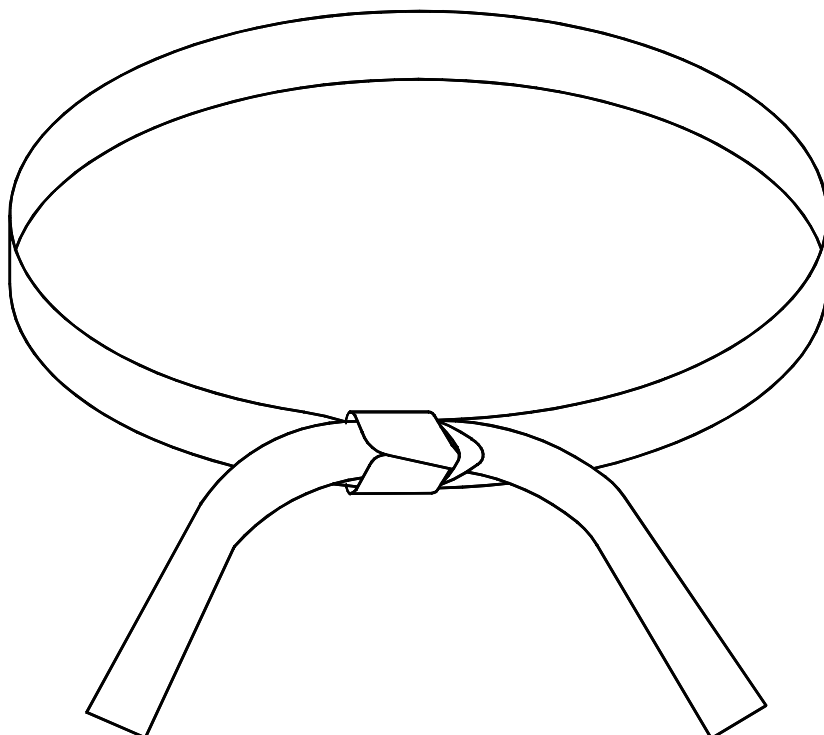


# White Belt



志道館

1. Front kick – back leg only
2. Side kick – back leg only
3. Step punch (step back, outside block)
4. Step punch (step back, inside block)
5. High/low punch (no step)
6. Front kick, high/low punch
7. Step, middle punch (nagashi uke)
8. Front kick, middle punch (nagashi uke on both)
9. Step, high punch (kagite block)
10. Front kick, high punch (nagashi uke, kagite)
11. Kotekitae

## **KATA:**

Kihon 1, 2, 3, 4, 5

Naihanchi Shodan