



WHITE BELT ADVANCEMENT



NAME: _____ DATE: _____

CURRENT BELT LEVEL AND DEGREE: _____ BELT SIZE: _____

LOCATION & AND CLASS TIME _____

HORSE STANCE:	1 - 2 - 3 - 4 - 5
READY STANCE:	1 - 2 - 3 - 4 - 5
SELF DEFENSE STANCE:	1 - 2 - 3 - 4 - 5

HORSE STANCE:	
THREE PUNCHES:	1 - 2 - 3 - 4 - 5

SELF DEFENSE STANCE:	
HIGH BLOCK	1 - 2 - 3 - 4 - 5
LOW B LOCK	1 - 2 - 3 - 4 - 5
OUTSIDE BLOCK	1 - 2 - 3 - 4 - 5
INSIDE BLOCK	1 - 2 - 3 - 4 - 5
REVERSE PUNCH	1 - 2 - 3 - 4 - 5
JAB PUNCH	1 - 2 - 3 - 4 - 5
COMBINATION HIGH BLOCK	
REVERSE PUNCH	1 - 2 - 3 - 4 - 5
COMBINATION LOW BLOCK	
REVERSE PUNCH	1 - 2 - 3 - 4 - 5
FRONT SNAP KICK (BACK LEG)	1 - 2 - 3 - 4 - 5
FRONT SNAP KICK STEPPING	
FORWARD	1 - 2 - 3 - 4 - 5
SIDE KICK	1 - 2 - 3 - 4 - 5
SKIP SIDE KICK	1 - 2 - 3 - 4 - 5

SELF DEFENSE FROM BEAR HUG:	1 - 2 - 3 - 4 - 5
SELF DEFENSE FROM WRIST GRAB:	1 - 2 - 3 - 4 - 5

DISCIPLINE:	1 - 2 - 3 - 4 - 5
CONFIDENCE:	1 - 2 - 3 - 4 - 5

TOTAL POINTS AVAILABLE: 100

TOTAL POINTS NEEDED TO PASS: 60

TOTAL POINTS EARNED: _____

STUDENT PASS: Y / N

RE TEST NEEDED: Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED Y / N

NEW BELT LEVEL _____