



# AIM USA WHITE BELT DANGER ALLEY EVENT



This event is designed to show the judges how well the students use their self – defense techniques that they are taught through the WHITE BELT course.

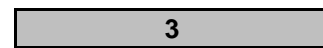
Students will be judged on:

- 1) Good Form (Technique)
- 2) Coordination & Balance
- 3) Focus
- 4) Speed / Reaction Time
- 5) Power
- 6) Kiai / Verbal Skills

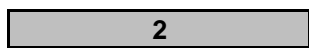
END



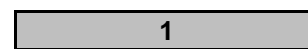
**BODY SHIELD**  
(KICK)



**FOCUS PAD**  
(PUNCH)



**BLOCKER**  
(BLOCK)



**STRANGER**

DANGER

LET GO)

(PULL AWAY

START