



AIM USA WHITE BELT BEST PUNCH & KICK EVENT



This event is designed to show the judges how well the students have learned these moves that are taught through the WHITE BELT course.

Students will be judged on:

- 1) Good Form (Technique)
- 2) Coordination & Balance
- 3) Focus
- 4) Speed
- 5) Power
- 6) Kiai

Each student will be asked to perform:

- 1) **Punches**
 - a) Reverse Punch

- 1) **Kicks**
 - a) Front Snap Kick

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