



A black belt is a white belt who never quit.

WHITE Belt Curriculum

Your WHITE curriculum will take approximately 1 month or 8 classes.

WHITE Belt Techniques

1) Wrap Around

Attacker - Right side shoulder grab.

Defender

- Left hand covers while right arm circles around attacker's arm into an uppercut.
- Right stomp to attacker's foot.
- Unwrap.
- Guard.

2) Step and Chop

Attacker - Right side shoulder grab.

Defender

- Left pin to opponent's hand.
- Step to the right side with your right foot into a horse stance.
- Right chop to neck.
- Guard.

3) Step and Hammer Fist

Attacker - Right side shoulder grab.

Defender

- Left pin to opponent's hand.
- Step to the right side with your right foot into a horse stance.
- Right hammer fist to stomach.
- Guard.

WHITE Belt Katas

1) Little Dragon

- Horse stance.
- Look to right and right outward block.
- Right shuffle wheel kick.
- Land and block.

- Look to left and left outward block.
- Left shuffle wheel kick.
- Land and block.
- Bring hands and feet together with high X block.
- Step to right into horse stance with a right chop.
- Bring hands and feet together with a high X block.
- Step to left into horse stance with left chop.
- Left drop side thrust kick. Kneel up onto right knee. Left back knuckle, right punch.
- Right foot step up into horse stance.
- Bow.
- AmeriKick team salute.

2) Star Block

- Up, In, Out, Touch, Down, Back, Double Palms, kiai!
- AmeriKick Team Salute.

WHITE Belt Basics

- 1) Attention Stance**
- 2) Horse Stance**
- 3) Natural Stance**
- 4) Sparring/Fighting Stance**
- 5) Front Kick**
- 6) Back Kick-Knee**
- 7) Wheel Kick**
- 8) Back Knuckle**
- 9) Reverse Punch**
- 10) Back Knuckle - Reverse Punch**

AmeriKick Creed

As an AmeriKick student, I will work hard, aim high, and finish what I start.