

White Belt w/Stripe

Katas	•Taikyoku Shodan (1)	Throws & Ground Grappling	•Mount •Guard (open/closed) •Crossbody •Kesagatame
Self Defense	•Front Kick (Mae-geri) •Roundhouse (Mawashi-geri) •Jab (Tobikomi-zuki) •Cross (Gyaku-zuki, Reverse or Straight Punch)	Blocks & Parries	•Low Block
Stances & Footwork	•Attention Stance •Ready Stance •Horse Stance •Seisan Stance •C-step	Wrist Exercises & Escapes	•Forward (Vertical) Wrist Extension •Rotational Wrist Extension - In/Out •Downward (Horizontal) Wrist Extension •Reverse Wrist Extension
Falls & Rolls	•Back Fall •Backward Recovery Exercise •Back Roll •Front Roll •Barrell Roll	Drills	•High/Low (Single Sinawali) •Outside/Inside Elbow Touch •High/High Traps •Same/Opposite Hands & Feet Touch •Intercepting Arms •Shutdown Drill
Questions	•Count 1-10 in Japanese •Name of School •Name of Instructors •Name Dojo Safety Rules 4/8 •What does "Karate" mean? •Why is it important to learn how to fall? •Why do we slap the arms when we fall?		