

**White Belt  
Advancement Techniques  
(White Belts advancing to Yellow Belts)**

**From Self-Defense Stance:**

High Block  
Low Block  
Inside Block  
Outside Block  
Jab Punch  
Reverse Punch  
Front Snap Kick (Back Leg)  
Side Kick (Front Leg)  
Combo: Jab/Reverse Punch  
Combo: High Block/Reverse Punch  
Combo: Low Block/Reverse Punch  
Combo: Inside Block/Reverse Punch  
Combo: Outside Block/Reverse Punch

***All techniques will be judged on the following  
criteria: good form, coordination and balance, focus,***



**KARATE**