

WHITE BELT INTRO-10TH-JUKYU

This material **MUST** be learned before you will every **EARN** a **GI** or **white Belt** and will be practiced only with another karateka (Karate participates) at the Dojo under the supervision of a Ranking Student or Black Belt.

INTRODUCTORY CLASSES --EARN YOUR GI & WHITE BELT

MEMORIZATION:

Hanshi Five Life Skills

FUNDAMENTALS:

Enter and Exit rooms and dojo

Meditation

Make Card

Stances: Prepare, Rest, Horse, Fighting

Blocks: Inward, Outward

Kicks: Front,

Open Hand Strikes: Jab, Turnover

ESSENTIALS: WIN OR LEARN

Funakoshi Guiding Principles-No# 1 (Karate begins and ends with bowing or RESPECT)

Kata:

Left Pivot Form – Pattern Only “Hands on Hips”



A handwritten signature in black ink that reads 'James McCall'.

