

White Belt Testing Requirements

Traditional	Basic Stances	Zen Kutsu Dachi Forward Stance	Dachi Box Stance	Neko Ashi Dachi Cat Stance
	Basic Blocks	<i>Gedan Barai Uke</i> Down Block	<i>Chudan Uke</i> Middle Block	<i>Shuto Uke</i> Knife hand block
	Kata	Blocks in 4 directions		
Self-Defense	Basic Attacks	<i>Gyaku Zuki</i> Reverse Punch	<i>ami Zuki</i> Jab Punch	<i>ae Geri</i> Front Kick
	F.A. Concepts	1-3 Striking on Padding		1-3 striking on live target
	Escapes	Choke Escape		
	Elbow Technique	Elbow Technique Prep		
	Kicking	Front Kicks with Front and Back Legs		
Tournament	Sparring Drills	Move Forward & Back	Move Left & Right	
	Live Sparring	Use the sparring combo (2-1-3) on a live target		
	Physical Eval.	10 pushup in 2min	10 situps in 2 min	20 sec side kick hold
Important Quiz and Test Dates				
Janaury 15-16		Blocking in 4 directions		
February 12-13		1-3 Fighting Attacks & Sparring Combo		
March 9-10		Elbow Technique Prep & Escapes		
March 18, 2020		Orange, Purple, Green, & Brown Belt Testing		
March 19, 2020		White, Yellow, & Blue Belt Testing		
March 20, 2020		Green Belt w/black stripe Testing		
March 23, 2020		Dojo Community Event		
March 24, 2020		TMAA Awards Ceremony		

White Belt Curriculum Time-Line

Date		Drill	New Material	Sparring
Day 1	Dec. 23	Warm up & Drills	Down Block moving left & right	
Day 2	Dec. 30	Warm up & Drills	Middle Block moving left & right	ladder foot work
Day 3	Jan. 1-2	Warm up & Drills	Knife Hand Block moving left & right	Front hand blocking
Day 4	Jan. 6-7	Warm up & Drills	Down Block moving forward & back	Side to side dodging
Day 5	Jan. 8-9	Warm up & Drills	Middle Block moving forward & back	ladder foot work
Day 6	Jan. 13-14	Warm up & Drills	Knife Hand Block moving forward & back	Front hand blocking
Day 7	Jan. 15-16	Red Stripe Quiz: Blocking in 4 directions		
Day 8	Jan. 20-21	Warm up & Drills	Basic Attacks #1	Side to side dodging
Day 9	Jan. 22-23	Warm up & Drills	Basic Attacks #2	ladder foot work
Day 10	Jan. 27-28	Warm up & Drills	Basic Attacks #3	Front hand blocking
Day 11	Jan. 29-30	Warm up & Drills	Sparring Combo (2-1-3)	Side to side dodging
Day 12	Feb 3-4	Warm up & Drills	Basic Attacks #1-#2	ladder foot work
Day 13	Feb. 5-6	Warm up & Drills	Basic Attacks #1-#3	Front hand blocking
Day 14	Feb. 10-11	Warm up & Drills	Sparring Combo (2-1-3)	Side to side dodging
Day 15	Feb. 12-13	Blue Stripe Quiz; Fighting Attacks 1-3 & Sparring Combo		
Day 16	Feb. 17-18	Warm up & Drills	Elbow Technique Prep, Left Side	ladder foot work
Day 17	Feb. 19-20	Warm up & Drills	Elbow Technique Prep, Right Side	Front hand blocking
Day 18	Feb. 24-25	Warm up & Drills	Choke Escape	Side to side dodging
Day 19	Feb. 26-27	Warm up & Drills	Elbow Technique Prep, Left & Right Side	ladder foot work
Day 20	Mar. 2-3	Warm up & Drills	Choke Escape	Front hand blocking
Day 21	Mar. 4-5	Warm up & Drills	Elbow Technique Prep, Left & Right Side	Side to side dodging
Day 22	Mar. 9-10	Green Stripe Quiz: Elbow Technique Prep & Escape		
Day 23	Mar. 11-12	Test Review		
Day 24	Mar. 16-17	Test Review		
	March 19, 2020	Test Day		

Kiso Kata

"Small Energy"

Kamae-te (hands ready)

Count	Stance	<i>Description of move for reference</i>
1	Forward Stance	Position for the block of your choice
2	Forward Stance	Turn to the Left Block
3	Forward Stance	Step forward double punch
4	Forward Stance	Place chamber hand at block position
5	Forward Stance	Turn to the Right Block
6	Forward Stance	Step forward double punch
7	Forward Stance	Place chamber hand at block position
8	Forward Stance	Turn towards "shomen" block
9	Forward Stance	Step forward double punch
10	Forward Stance	Place chamber hand at block position
11	Forward Stance	Turn towards the back wall, block
12	Forward Stance	Step forward double punch (Kiai)

Kamae-te (hands ready)

1-9 Basic Attacks

- #1 Right Hand Reverse Punch
 - #2 Left Hand Jab Punch
 - #3 Right Foot Front Kick
 - #4 Left Hand Back Fist
 - #5 Left Hand Ridge Hand
 - #6 Right Hand Knife Hand
 - #7 Left Foot Side Kick
 - #8 Left Foot Round Kick
 - #9 Left Foot Heel Kick
-

6 Basic Blocks

- #1 Down Block
 - #2 Outside Middle Block
 - #3 Rising Block
 - #4 Inside Middle Block
 - #5 Down Knife Hand Block
 - #6 Middle Knife Hand Block
-

Elbow Technique #1

#1	Dodge To The Right, Left Knife Hand Block
#2	Grab Wrist, Right Front Kick To The Belt
#3	Two Right Elbow Strikes (Kiai)

Push Away Into Fighting Stance

Elbow Technique # 4

#1	Dodge To The Left, Inside Middle Block
#2	Grab Wrist, Left Elbow To The Ribs (Kiai)
#3	Armbar, Lift and Press Down

#4

Elbow Strike To The Back (Kiai)

Push Away Into Fighting Stance