**WHITE BELTS**

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| **Stripe** | **Cycle 1** |
| **Yellow** | Blocks 1   * Upward * Inward * Outward * Downward |
| **Orange** | Belt Tying  Stances   * Horse Stance * Forward Stance + sidestep * Back Stance + sidestep * Cat Stance + sidestep |
| **Purple** | Strikes 1   * Forward Thrust Punch * Palm Strike * Back Knuckle (to the front) * Bottomfist   + To the Front   + To the Side |
| **Blue** | Reverse Punch (from Ready Stance)  Block + Reverse Punch |
| **Green** | Kicks 1   * Football * Outside Crescent * Rising * Front |
| **Brown** | Partner Skills   * White dots * Polite Greeting * Signal * Circling * Reaching towards partner   Wrist Releases   * Same side - Circle out * Same side – Elbow forward * Cross side – Thumb back |