**WHITE BELTS**

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| **Stripe** | **Cycle 1** |
| **Yellow** | Blocks 1* Upward
* Inward
* Outward
* Downward
 |
| **Orange** | Belt TyingStances* Horse Stance
* Forward Stance + sidestep
* Back Stance + sidestep
* Cat Stance + sidestep
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| **Purple** | Strikes 1* Forward Thrust Punch
* Palm Strike
* Back Knuckle (to the front)
* Bottomfist
	+ To the Front
	+ To the Side
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| **Blue** | Reverse Punch (from Ready Stance)Block + Reverse Punch  |
| **Green** | Kicks 1 * Football
* Outside Crescent
* Rising
* Front
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| **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
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