



Basic Program Practice Sheet

Student Videos

1.) Student website: BeginKarate.com/Students

2.) White belt basics video: Tinyurl.com/AdvWhite

White Belt to Orange Belt Exam Requirements:

1. White Belt Basics (Defensive & Offensive)
 - a. Front punch
 - b. Back punch
 - c. Front kick
 - d. Side kick

Orange to Gold & Gold to Green Belt Exam Requirements:

White Belt Basics plus Action form and kicking combinations.

Action Form:

1. Left parry
2. Right cross
3. Left jab
4. Right cross
5. Right front kick (down in front)
6. Right jab
7. Left cross (yell)

Kicking Combinations:

1. Step-slide front kick, step cross side-kick, back punch
2. Step-slide round kick, step cross side-kick, back punch
3. Step cross side-kick, step-slide round kick, back ridge hand