

Basic One Steps

Note: #1 and #10 are like “book ends” – they are unique. The rest come in 2 pair groups (similar first moves).

White Belt 1-Stripe Requirements:

1. Step forward right foot, left hand block, right hand punch
2. Step forward right foot, left punch; twist hips, left block and right hand knife hand strike
3. Step forward right foot, left punch; cross hands, left hand backfist
4. Lift right leg, right hand palm block across; cross hands, right hand back fist to nose
5. Lift right leg, right hand palm block across; right step with right elbow strike, twist left elbow strike; step away, check for “bad guys”

Orange Belt Requirements:

6. Lift right leg, right hand palm block down; cross hands, right step, right hand back fist strike
7. Lift right leg, right hand palm block down; cross hands, right step, right hand knife hand strike
8. Step left, block left with open hand (front stance); twist hips for right hand reverse punch
9. Step left, double open hand block (back stance); left step for right hand reverse punch, twist hips for left hand reverse punch, twist hips for right hand reverse punch
10. Step forward with left foot (front stance), high block; maintain block, right hand punch to face; re-chamber to guard position, punch to low abdomen