

White Belt Blocks, Strikes, and Kicks

Punch

Start with palm up on the hip. Extend out straight turning palm down. Strike with first two knuckles.



Backfist

Start with palm out and hand reaching across the body. Strike out in a circular motion with back of knuckles.



Knifehand

Start with palm in and hand reaching across the body. Strike out in a circular motion with edge of hand.



Low Block

Start with palm in and hand reaching to the opposite ear. Sweep arm down across the lower body above the knee.



Innerforearm Block

Start with palm out and hand reaching across the body. Sweep arm in front of face and beside the head.



High Block

Start with palm on hip. Raise hand to opposite shoulder and lift arm in front of face and over the head.



Front Kick

Lift knee up and point it toward the target. Extend out the leg striking with the ball of the foot. Return leg back to chambered position before sitting it down.



Side Kick

Pull knee back in front of the body with foot as high as the knee. Extend out the leg striking with the edge of the heel. Return the leg to the chambered position before sitting it down.



Crescent Kick

Raise foot and reach out stretched leg across the opposite side of the body. Continue in a circular motion in front of the body and strike with the outside edge of the foot.



[Click Here to Return](#)