

White Belt Drill Work

Parallel Ready Stance

- 1) Left foot steps forward to a left front stance while making a left high block;
Advance to right front stance, right high block;
Advance to left front stance, left high block;
Advance to right front stance, right high block;
Retreat to left front stance, left high block;
Retreat to right front stance, right high block;
Retreat to left front stance, left high block;
- 2) Advance to right front stance, right high block, double punch (rear hand punches first);
Advance to left front stance, left high block, double punch;
Advance to right front stance, right high block, double punch;
Retreat to left front stance, left high block, double punch;
Retreat to right front stance, right high block, double punch;
Retreat to left front stance, left high block, double punch;
- 3) Advance with a rear leg front kick, landing in a right front stance, right high block, double punch;
Advance with a rear leg front kick, landing in a left front stance, left high block, double punch;
Advance a rear leg front kick, landing in a right front stance, right high block, double punch;
About face, left front stance, left high block, double punch;
Advance with a rear leg front kick, landing in a right front stance, right high block, double punch;
Advance a rear leg front kick, landing in a left front stance, left high block, double punch;
Advance with a rear leg front kick, landing in a right front stance, right high block, double punch;
About face, left front stance, left high block, double punch;
Left foot returns to parallel ready stance.
- 4) Step forward with the left foot to a middle stance while making a left knifehand strike;
Advance three (3) times by stepping behind, landing in a middle stance while making a left knifehand strike.
Turn, facing the opposite direction and making a right knifehand strike;
Advance three (3) times by stepping behind, landing in a middle stance while making a right knifehand strike.
- 5) Turn, facing the opposite direction and making a left knifehand strike;
Advance three (3) times by step behind sidekick, landing in a middle stance while making a left knifehand strike.
Turn, facing the opposite direction and making a right knifehand strike;

Advance three (3) times by step behind sidekick, landing in a middle stance while making a right knifehand strike.

Turn, facing the opposite direction and making a left knifehand strike;

Left foot returns to parallel ready stance.

- 6) Step backward with the right foot to a middle stance while making double guarding blocks;

Advance three (3) times by making a turning round kick and landing in a middle stance while holding the double guarding block.

Turn and make a double guarding block in the opposite direction.

Advance three (3) times by making a turning round kick and landing in a middle stance while holding the double guarding block.

Turn and make a double guarding block in the opposite direction.

Right foot returns to parallel ready stance.

Tournament competition will be in two areas: patterns and the drillwork outlined above.