

**WHITE BELT****TIER 1 - BUILDING FUNDAMENTALS****BLOCKING**

	TITLE	COMPLETION STATUS	DESCRIPTION	CH #
1	<a href="#">#1 &amp; #2 Blocks Lvl 1</a>		Outward Blocks (#1 & #2 Blocks)	9,11
2	<a href="#">#3 &amp; #4 Blocks Lvl 1</a>		Inward Blocks (#3 & #4 Blocks)	9
3	<a href="#">#5 &amp; #6 Blocks Lvl 1</a>		Upward Blocks (#5 & #6 Blocks)	9
4	<a href="#">#7 &amp; #8 Blocks Lvl 1</a>		Downward Blocks (#7 & #8 Blocks)	9

**STANCES/MOVEMENT**

	TITLE	COMPLETION STATUS	DESCRIPTION	CH #
1	<a href="#">Front Position / Horse Stance</a>		Move from a Horse Stance to a Front Position	3,5,6,7,8,9,10,11
2	<a href="#">Horse Stance - Hinge</a>		Slide feet from a Horse Stance to sideways Horse Stance	5
3	<a href="#">Horse Stance - Jump</a>		Jump from Horse Stance to sideways Horse Stance	5
4	<a href="#">1/2 Moon Stance - Step</a>		Step from one 1/2 Moon Stance to another	5,6,7,9,10,11
5	<a href="#">1/2 Moon Stance - Jump</a>		Jump from one 1/2 Moon Stance to another	5
6	<a href="#">Half-Moon movement</a>		Half Moon (movement) - Forward & Backward	6,7,9,10,11
7	<a href="#">Rotating Guard</a>		Rotate Guard side to front to side	10,11
8	<a href="#">Flamingo to Cross</a>		Flamingo to Cross (Twist) Stance	10,11
9	<a href="#">Flamingo to Angled Cross</a>		Flamingo stance to Angled Cross (Twist) Stance	10,11

**STRIKING**

	TITLE	COMPLETION STATUS	DESCRIPTION	CH #
1	<a href="#">Front Two Knuckle Punch Lvl 1</a>		Introduction to Front Two Knuckle punches.	3,7
2	<a href="#">Back Two Knuckle Punch Lvl 1</a>		Introduction to Back Two Knuckle punches.	3,7
3	<a href="#">Palm Heel Lvl 1</a>		Introduction to Palm Heel Strikes	3,7
4	<a href="#">Hammer Fist Lvl 1</a>		Introduction to Hammer Fist Strikes	3,7

**KICKING**

	TITLE	COMPLETION STATUS	DESCRIPTION	CH #
1	<a href="#">Rising Knee</a>		A type of Kick and good training for Front Kicks	8,10,11
2	<a href="#">Front Instep Kick</a>		Kick with toes pointed down to hit with top of foot	8,11
3	<a href="#">Front Ball Kick</a>		Kick with toes pointed up to hit with bottom (ball) of foot	8,10,11

**WHITE BELT****TIER 2 - BUILDING COORDINATION**

<b>BLOCKING</b>				
	<b>TITLE</b>	<b>COMPLETION STATUS</b>	<b>DESCRIPTION</b>	<b>CH #</b>
1	<a href="#">#1 &amp; #2 Blocks with Half Moons</a>		Half Moon Forward and Backward with Outward Blocks	9,11
2	<a href="#">#3 &amp; #4 Blocks with Half Moons</a>		Half Moon Forward and Backward with Inward Blocks	9
3	<a href="#">#5 &amp; #6 Blocks with Half Moons</a>		Half Moon Forward and Backward with Upward Blocks	9
4	<a href="#">#7 &amp; #8 Blocks with Half Moons</a>		Half Moon Forward and Backward with Downward Blocks	9
5	<a href="#">#1 - #4 Blocks Lvl 1</a>		Outward Blocks / Inward Blocks	9
6	<a href="#">#1 - #4 Blocks with Half Moons</a>		Half Moon with Outward Blocks / Inward Blocks	9
7	<a href="#">#5 - #8 Blocks Lvl 1</a>		Upward Blocks / Downward Blocks	9
8	<a href="#">#5 - #8 Blocks with Half Moons</a>		Half Moon with Upward Blocks / Downward Blocks	9
9	<a href="#">#1 - #8 Blocks Lvl 1</a>		Outward / Inward / Upward / Downward Blocks	9

<b>STANCES/MOVEMENT</b>				
	<b>TITLE</b>	<b>COMPLETION STATUS</b>	<b>DESCRIPTION</b>	<b>CH #</b>
1	<a href="#">1/2 Moon Stance - Step &amp; Pivot</a>		Using Steps and pivots to improve our 1/2 Moon Stances	5
2	<a href="#">1/2 Moon Stance - Jump &amp; Pivot</a>		Using Jumps and 1/2 Moons to improve our 1/2 Moon Stances	5
3	<a href="#">1/2 Moon Stance - Step &amp; Flamingo</a>		Moving from a 1/2 Moon Stance to a Flamingo using small steps	5,6,11
4	<a href="#">1/2 Moon Stance - Jump &amp; Flamingo</a>		Moving from a 1/2 Moon Stance to a Flamingo using jumps	5
5	<a href="#">Half-Moon with Pivots</a>		Half Moon Forward and Back with Pivots	6
6	<a href="#">Mini Half-Moon movement</a>		Mini Half Moon (Quarter Moon) - Forward and Backward	6,11
7	<a href="#">Flamingo Half-Moon movement</a>		Flamingo Stances Forward and Backward into 1/2 Moon Stances	6,11
8	<a href="#">Cross Front &amp; Back</a>		Step (Cross) in Front and in Back	10,11
9	<a href="#">Cross to Angle</a>		Step (Cross) in Front and in Back to Angle	10,11

<b>STRIKING</b>				
	<b>TITLE</b>	<b>COMPLETION STATUS</b>	<b>DESCRIPTION</b>	<b>CH #</b>
1	<a href="#">Front / Back Combination</a>		Front Two Knuckle / Back Two Knuckle - Combination Strikes	3,7
2	<a href="#">Palm / Hammer Combination</a>		Palm Heel / Hammer Fists - Combination Strikes	3,7
3	<a href="#">Front / Back / Palm Combo</a>		Front 2 Knuckle / Back 2 Knuckle / Palm Heel - 3-Strike Combo	3,7
4	<a href="#">Back / Palm / Hammer Combo</a>		Back 2 Knuckle / Palm Heel / Hammer Fist - 3-Strike Combo	3,7
5	<a href="#">4 - Strike Complete Combo</a>		Front / Back / Palm / Hammer - 4-Strike Combo	3,7
6	<a href="#">F2K Punch (Lvl 1) with Half Moons</a>		Front 2 Knuckle (Static) with Half Moon Forward & Back	7
7	<a href="#">B2K Punch (Lvl 1) with Half Moons</a>		Back 2 Knuckle (Static) with Half Moon Forward & Back	7
8	<a href="#">Palm (Lvl 1) with Half Moons</a>		Palm Heel (Static) with Half Moon Forward & Back	7
9	<a href="#">Hammer (Lvl 1) with Half Moons</a>		Hammer Fist (Static) with Half Moon Forward & Back	7

<b>KICKING</b>				
	<b>TITLE</b>	<b>COMPLETION STATUS</b>	<b>DESCRIPTION</b>	<b>CH #</b>
1	<a href="#">Rising Knee / Front Instep Kick</a>		Rising Knee / Front Instep Kick combination	8,11
2	<a href="#">Rising Knee / Front Ball Kick</a>		Rising Knee / Front Ball Kick combination	8,10,11
3	<a href="#">Front Instep / Front Ball Kick</a>		Front Instep / Front Ball Kick - 2-kick combination	8,11
4	<a href="#">Front Kick to Cross</a>		Front Kick to Cross (Twist) Stance	10,11
5	<a href="#">Front Kick to Angled Cross</a>		Front Kick to Angled Cross (Twist) Stance	10,11
6	<a href="#">Instep / Ball Kick with Step</a>		Front Instep Kick to Front Ball Kick with Recovery Step	8,11
7	<a href="#">Front Instep Kick with Half Moons</a>		Front Instep Kick to 1/2 Moon Stance Forward and Backward	11
8	<a href="#">Front Ball Kick with Half Moons</a>		Front Ball Kick to 1/2 Moon Stance Forward and Backward	11

# WHITE BELT

## TIER 3 - BUILDING SKILLS

<b>BLOCKING</b>				
	TITLE	COMPLETION STATUS	DESCRIPTION	CH #
1	<a href="#">1-8 Blocks + Half Moons (Pt 1)</a>		Half Moon Forward and then Backward with 1-8 Blocks	9
2	<a href="#">1-8 Blocks + Half Moons (Pt 2)</a>		Half Moon Backward and then Forward with 1-8 Blocks	9

<b>STANCES/MOVEMENT</b>				
	TITLE	COMPLETION STATUS	DESCRIPTION	CH #
1	<a href="#">Cross with Guard</a>		Step (Cross) Front and Back with Rotating Guard	10,11
2	<a href="#">Cross to Angle with Guard</a>		Step in Front and in Back with Rotating Guard to Angle	10,11
3				
4				
5				
6				
7				
8				
9				

<b>STRIKING</b>				
	TITLE	COMPLETION STATUS	DESCRIPTION	CH #
1	<a href="#">F2K Punch (Lvl 2) + Half Moons</a>		Front 2 Knuckle (Fluid) with Half Moon Forward & Back	7
2	<a href="#">B2K Punch (Lvl 2) + Half Moons</a>		Back 2 Knuckle (Fluid) with Half Moon Forward & Back	7
3	<a href="#">Palm (Lvl 2) + Half Moons</a>		Palm Heel (Fluid) with Half Moon Forward & Back	7
4	<a href="#">Hammer (Lvl 2) + Half Moons</a>		Hammer Fist (Fluid) with Half Moon Forward & Back	7
5	<a href="#">F2K/B2K Combo + Half Moons</a>		Front 2 Knuckle / Back 2 Knuckle (Static) + Half Moon	7
6	<a href="#">Palm/Hammer + Half Moons</a>		Palm Heel / Hammer Fist (Static) + Half Moon	7
7	<a href="#">1st 3-Strike Combo + Half Moons</a>		F2K / B2K / Palm (Static) + Half Moon Forward & Back	7
8	<a href="#">2nd 3-Strike Combo + Half Moons</a>		B2K / Palm / Hammer (Static) with Half Moon Forward & Back	7
9	<a href="#">4-Strike Combo + Half Moons</a>		F2K / B2K / Palm / Hammer (Static) + Half Moon	7

<b>KICKING</b>				
	TITLE	COMPLETION STATUS	DESCRIPTION	CH #
1	<a href="#">Knee / Instep / Front Ball Kick</a>		Knee / Instep / Front Ball - 3-Kick combination	8,11
2	<a href="#">Front Kick to Angle with Guard</a>		Front Ball Kick to Cross + Rotating Guard to Angle	10,11
3	<a href="#">Instep / Ball Kick with Half Moons</a>		Instep Kick to Front Ball Kick + 1/2 Moon Stances	11
4	<a href="#">2-Kick Combo with Cross to Angle</a>		Front Instep / Front Ball Kick to Cross + Rotating Guard to Angle	11
5				
6				
7				
8				