	WHITE BELT	_																				
	TIER 1 - BUILDING FUNDAMENTALS	NAME:	1. 			f.		b.				10. MINIMUM MINIMUM MI	11. 		15.	14.	15. MINIMUM	10.	1/.	16. STEELSTEELSTEELSTEELSTEELSTEELSTEELSTEE	15. 20. 30.	20. MINIMUM MINIMUM
	TITLE	I						BLC	<u>CKIN</u>		OMPL	FTION S	STATUS									
1	#1 & #2 Blocks Lvl 1	<b>/</b>	И	2	101	7	И	0	74	n	И		7	<b>W</b>	7/	<b>7</b>	<b>Z</b>	7/2	<b>1</b> 11	И	И	
2	#3 & #4 Blocks Lvl 1		2	2	0	7	0	2	12	12	- W	2	0	7	7	72	7/	22	72	22	0	
3	#5 & #6 Blocks Lvl 1	7	7	0	7	7	7	2	0	0	9	7	0	Ø	7	0	Ø	n	Ø	8	Ø	
4	#7 & #8 Blocks Lvl 1	7	21	<u> </u>	7	1/2	Й	7	62	Й	2	7	Ø	121	и	2	12	0	7	7	Ø	7
4	#7 & #0 DIOCKS EVI I	///	D/A	e e	621		101		MM	1/64	DOI:	LCI		120	15/1	V.A	I MAI	DOI	М	D.V.		
STANCES/MOVEMENT																						
	TITLE COMPLETION STATUS																					
1	Front Position / Horse Stance	<u> </u>	0	2	0	0	0	<b>Z</b>	0	0	<b>Z</b>	2	Z	0	Ø	0	2	7	<b>Z</b>	Ø	<b>Z</b>	7
2	Horse Stance - Hinge	7/1	<b>B</b>	0	0	И	И	12	8	И	8	7/	0	7	И	И	И	0	7	<b>8</b>	8	7
3	Horse Stance - Jump	7	0	2	0	0	0	0	0	0	0	0	0	0	0	0	<b>Z</b>	0	0	8	8	0
4	1/2 Moon Stance - Step	<b>//</b>	0	2	И	И	И	Ø	В	И	0	7	И	0	И	И	И	0	8	9	0	7
5	1/2 Moon Stance - Jump	<b>//</b>	И	0	0	0	0	0	2	И	Ø	0	8	0	0	0	7	7	И	Z	<b>Z</b>	7
6	Half-Moon movement	7	7	2	<b>Ø</b>	И	0	7	8	8	7/	7	<b>Z</b>	7	И	0	0	<b>Z</b>	2	2	<b>2</b>	7
7	Rotating Guard	<u> </u>	И	0	0	8	0	2	8	И	И	7/	8	8	0	<b>Z</b>	Z	И	<b>Z</b>	Ø	Ø	7
8	Flamingo to Cross	<u> </u>	0	2	0	Z	И	0	8	0	0	0	2	7	И	0	Ø	Ø	0	0	2	Z
9	Flamingo to Angled Cross	<b>//</b>	0	0	0	0	И	1/2	<b>Z</b>	И	<b>1</b>	10	0	0	0	0	2	<b>Ø</b>	<b>Ø</b>	<b>1</b> 0	0	12
								STF	RIKING	ì												
	<u>TITLE</u>										OMPL	ETION S	STATUS									
1	Front Two Knuckle Punch Lvl 1	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	И	<u> </u>	И	<u> </u>	<u> </u>	<u> </u>	2	<u> </u>	И	<u> </u>	И	И	<u> </u>	8	8	
2	Back Two Knuckle Punch Lvl 1	<u> </u>	<u> </u>	8	<u> </u>	<u> </u>	<u> </u>	2	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	8	<u> </u>	<u> </u>	<u> </u>	<u> </u>	И	И	<u> </u>	<u> </u>
3	Palm Heel Lvl 1	7	И	<u> </u>	<u> </u>	И	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	И	И	<u> </u>	<u> </u>	<u> </u>	<u> </u>	И	<b>2</b>	<b>_</b> Z
4	<u>Hammer Fist Lvl 1</u>	<u> </u>	И	2	<u> </u>	<i>N</i>	<b>Z</b>	2	2	И	И	<i>a</i>	8	<u> </u>	2	<u> </u>	<b>8</b>	И	И	И	<u> </u>	<b>Z</b>
ı	TITLE							KIC	CKING		ON4D!	ETION	CTATILE									
	TITLE	221	120	773	1001	1001	<i>V</i> .	<i>7</i> 7	DOI				STATUS		124	1221	DO	<b>7</b> 3	м	150	1571	
1	Rising Knee		0	2	<u> </u>	2	<u> </u>	2	2	<u> </u>	2	<u> </u>	0	<u>//</u>	2	2	<u> </u>	<u> </u>	<u> </u>	2	2	
2	Front Instep Kick	<u>//</u>		<u> </u>	8	<u> </u>	<u>и</u>	0	<u>и</u>	И	<u> </u>	0	8	<u> </u>	2	0	<u> </u>	2	0	2	<u> </u>	
3	Front Ball Kick	7	8	8	0	<u> </u>	И	0	2	0	2	0	0	<b>2</b>	И	<b>Z</b>	8	0	<b>2</b>	0	2	<u> 1</u> 2

WHITE BELT  TIER 2 - BUILDING COORDINATION	NAME:	1.	2. International Control of Contr		÷.		.0 BLO	·/			10.	11. [1]	13		14.	15.	10.	1/. 	18.	19.	20.
TITLE									<u> </u>	OMPL	LETION	STATUS									
1 #1 & #2 Blocks with Half Moons	<b>///</b>	2	2	2	2	Z	8	И	8	И	8	0	2	И	0	И	<b>Z</b>	2	Ø	8	Z
2 #3 & #4 Blocks with Half Moons	<b>7</b>	<b>Z</b>	0	Ø	0	<b>2</b>	Ø	И	И	И	0	И	<b>Ø</b>	<b>Z</b>	И	0	<b>1</b> 2	<b>8</b>	И	Ø	Z
3 #5 & #6 Blocks with Half Moons	<b>//</b>	И	<b>2</b>	0	И	<u> </u>	2	<u> </u>	И	И	Ø	0	<b>1</b> 0	1/2	И	Ø	И	И	И	0	Z
4 #7 & #8 Blocks with Half Moons	<b>///</b>	<b>2</b>	- 22	0	0	8	2	0	<b>Ø</b>	И	2	<b>Ø</b>	0	<b>Ø</b>	<b>Ø</b>	7	<b>Ø</b>	<b>8</b>	1/2	<b>Ø</b>	72
5 <u>#1 - #4 Blocks Lvl 1</u>	7/1	<b>1</b>	0	<b>Ø</b>	Ø	0	<b>Ø</b>	И	И	И	<u> </u>	0	0	И	И	И	<b>1</b> 2	И	И	0	Z
6 #1 - #4 Blocks with Half Moons	//	И	Ø	<u> </u>	0	2	Ø	<b>7</b>	И	И	8	И	<b>Z</b>	7	Ø	И	И	0	И	0	7
7 <u>#5 - #8 Blocks Lvl 1</u>	<b>//</b>	Ø	8	7	И	0	Ø	Ø	0	0	8	<b>Z</b>	И	И	И	0	0	7/	0	0	Z
8 #5 - #8 Blocks with Half Moons	//	<u> </u>	<b>Ø</b>	8	0	8	0	И	И	И	8	<u> </u>	2	0	0	<b>8</b>	И	0	И	8	
9 <u>#1 - #8 Blocks Lvl 1</u>	<u>//</u>	2	<u> </u>	<u> </u>	И	И	И	И	0	0	<i>N</i>	И	И	И	И	8	<u> </u>	7/	0	<u> </u>	Z
						STAN	NCES/	ΜΩν	FMFN	JT											
TITLE						JIAI	VCL3/	IVIOV		_	LETION	STATUS									
1 1/2 Moon Stance - Step & Pivot	7	И	И	0	И	И	И	И	И	И	а	И	0	И	И	И	И	10	И	И	7
2 1/2 Moon Stance - Jump & Pivot	<i>//</i>	Ø	0	0	0	2	2	0	И	И	0	0	0	7	И	7	И	Z	И	0	7
3 ./2 Moon Stance - Step & Flaming	9/1	7	И	0	И	Ø	0	И	0	0	0	0	12	<b>1</b> /2	И	И	<b>B</b>	<b>1</b> /2	0	0	Z
4 /2 Moon Stance - Jump & Flamin		Z	И	8	0	8	И	И	И	И	7	И	8	0	0	И	И	Ø	И	И	Z
5 <u>Half-Moon with Pivots</u>	<b>7</b> /2	Z	0	2	И	8	Ø	Ø	Ø	Ø	0	Ø	И	И	И	Ø	Ø	<b>7</b> /2	Ø	2	Z
6 <u>Mini Half-Moon movement</u>	<u> </u>	0	Ø	0	0	0	И	И	И	И	0	0	0	0	Ø	<b>1</b>	И	Ø	И	0	7
7 Flamingo Half-Moon movement	<b>7</b> /2	<b>Ø</b>	<b>1</b> 2	0	<b>1</b>	0	1/2	Ø	0	1	<u> </u>	<b>1</b>	0	0	12	Ø	<b>Ø</b>	1/2	0	<b>Z</b>	Z
8 <u>Cross Front &amp; Back</u>	<b>//</b>	0	0	0	0	0	Ø	И	И	И	0	0	0	<b>8</b>	Ø	И	И	Ø	0	0	<b>1</b> 2
9 <u>Cross to Angle</u>	<b>//</b>	Ø	Ø	<b>Ø</b>	Ø	0	И	Ø	Ø	И	<u> </u>	И	0	Ø	<b>1</b>	<b>B</b>	Ø	0	И	<b>Z</b>	Z
							CTD	11/181/	_												
TITLE							<u> 51K</u>	IKING		OMPL	LETION	STATUS									
1 Front / Back Combination	7/2	7	0	и	И	И	0	И	И	0	2	и	И	И	И	И	И	<b>1</b> 0	0	7	Z
2 Palm / Hammer Combination	7	0	0	0	0	0	И	7	И	И	0	0	0	7	0	И	И	0	И	0	Z
3 Front / Back / Palm Combo	7	0	0	Ø	0	0	2	Ø	Ø	И	7	0	Ø	10	Й	0	0	И	7	Ø	Z
4 Back / Palm / Hammer Combo	7	0	7	0	0	0	0	7	И	0	0	Ø	0	0	0	И	И	0	10	0	Z
5 <u>4 - Strike Complete Combo</u>	1/1	0	0	0	0	0	0	Ø	0	0	Ø	Ø	0	0	<b>1</b>	0	0	0	0	0	Z
6 F2K Punch (Lvl 1) with Half Moon	<u>s</u> //	Ø	2	7	0	0	2	И	Ø	Ø	0	0	0	И	0	7	Ø	Ø	Ø	Ø	Z
7 B2K Punch (Lvl 1) with Half Moon	<u>\$//</u>	2	Ø	<u> </u>	Ø	0	<b>1</b>	0	7	7	<b>B</b>	И	<b>u</b>	<b>1</b> 2	И	0	7	<b>Z</b>	7	Z	Z
8 Palm (Lvl 1) with Half Moons	7/2	Z	8	8	2	8	8	Z	И	И	Ø	0	0	И	И	И	И	И	И	0	Z
9 <u>Hammer (Lvl 1) with Half Moons</u>	<b>//</b>	Ø	Ø	Ø	0	0	Ø	0	Ø	И	0	И	Ø	Ø	Ø	0	0	Ø	Ø	Ø	7
TITLE							KIC	KING		OMPI	FTION	STATUS									
1 Rising Knee / Front Instep Kick	7/1	101	0	1/2	101	<b>1</b> 21	0	И	74	OWIPI	LETION	SIATUS	101	121	<b>[</b> 2]	1/21	и	и	И	и	0
2 Rising Knee / Front Ball Kick	7	0	7	7	0	Ø	и	7	й	8	7	0	7/	7	7A	И	8	0	8	a	
3 Front Instep / Front Ball Kick	1/2	Ø	Ø	7	7	0	Ø	7	7	21	Ø	И	7	Ø	И	7/	7/2	101	2	Ø	Ź
4 Front Kick to Cross	7	Ø	7	7	И	И	7	И	И	Ø	7		Ø	Ø	7	И	И	И	Ø	TO TO	Ź
5 Front Kick to Angled Cross		0	0	Ø	Ø	И	Ø	и	И	И	7	И	0	Ø	Й	И	И	7	И	0	Ź
6 Instep / Ball Kick with Step	7	0	7	И	И	0	И	Й	Ø	И	Ø	И	Ø	И	И	И	Ø	и	0	0	Z
7 Front Instep Kick with Half Moons		Ø	n	0	Ø	И	7	0	Й	И	7	Й	Ø	Ø	И	И	И	Ø	И	Ø	Ø
8 Front Ball Kick with Half Moons	0	Ø	0	Ø	И	0	И	Ø	Ø	Ø	Й	Ø	Ø	И	И	Ø	Ø	7	Ø	Ø	Ź

ті	WHITE BELT  TIER 3 - BUILDING SKILLS					÷.		o BLO	·/ DCKIN			10.	11. 2011   11. 17.	4.2. 4.3	15.	14.	15.	10.	17.	18.	19.	20.
	<u>TITLE</u>									g	COMPL	ETION	STATUS									
1	1-8 Blocks + Half Moons (Pt 1)	7/1	<b>Z</b>	И	и	и	И	И	И	<b>2</b>	7/	7/	0	<b>7</b> 2	И	<b>Ø</b>	И	<b>B</b>	И	121	0	7
2	1-8 Blocks + Half Moons (Pt 2)	7/1	7/1	12	7/1	7	72	721	71	7/	7/	121	121	721	72	121	7	21	121	171	и	7
2	1-0 DIOCKS + Hall MOONS (FC 2)	771	101	NA NA	W	<i>V</i>		- M	<i>V</i>	7/	- 20	157     157	<u> </u>	100	- M	- M	7/1	72	<i>D</i> .	121		
		//	<u> </u>	<u> </u>	<u> </u>	И	<i>V</i> /	И	<u> </u>	<i>M</i>	И	<i>M</i>	<u> </u>	[2]	<u> </u>	<i>M</i>	<u> </u>	<i>(7)</i>	И	<i>[</i> 2]		
		7	_и_	и	<u> </u>	<u> </u>	<u> </u>		<u> </u>					<u> </u>			<u> </u>	<u> </u>		и	8	1
		<b>7</b> /2	0	0	0	0	<i>A</i>	2	Ø	<u> </u>	9	<b>2</b>	8	0	<b>1</b> /2	И	Ø	0	И	0	0	Z
		<b>//</b> /	0	Ø	0	9	<b>/</b> 2	Ø	<b>2</b>	<b>Z</b>	Z	8	0	<b>7</b> /2	9	0	2	<b>Z</b>	0	И	<b>2</b>	Z
		7	7/	0	И	И	7/1	И	Ø	<u> </u>	7	Ø	И	7/	И	И	И	Ø	И	7	0	7
		7/1	<b>Z</b>	И	0	И	И	1/2	И	И	И	7/2	И	7	7	И	И	<b>2</b>	0	И	и	7
		7	7	и	и	7	<i>y</i>	и	И	7	И	И	7	и	и	и	7	и	7	7	7	7
		773		P.A	<b>V.A</b>	K.A	P.A	NS/I	V.	LCI	60	1541	<b>1</b> 24	K.A	P.A		V.A	D.A	131	C/I		
							STAI	NCES/	/MOV	EMEN	ΝT											
	TITLE	Ī					<u> </u>					ETION	STATUS									
1	Cross with Guard	221	и	И	101	И	191	2	121	1/2	Ø	22	и	121	101	121	123	121	И	121	и	7
2	Cross to Angle with Guard		И	7	0	7/	72	7/	и	7	7/	7	0		121	<i>2</i>	7/1	и	7	И	Ø	Ø
	Closs to Aligie With Guard		<u> </u>		<i>V</i> /	- CA		24	<u> </u>	74	- KM	72	KA			64	7/	<b>127</b>	D24	<u> </u>		#
		<b>//</b>	<u> </u>	2	<u> </u>	И	<i>M</i>	И	<u> </u>	<u> </u>	И	2	<u> </u>	<i>M</i>	<u> </u>	<u> </u>	<u> </u>	121	<i>M</i>	И	<u> </u>	4
		7	И	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>			<u> </u>		<u> </u>	И	<u> </u>	<u> </u>	0	0		И	2
		<i>//</i> /	2	8	<b>2</b>	И	<b>2</b>	2	2	2	2	0	2	2	И	И	<b>Z</b>	0	0	9	2	Z
		<b>///</b>	0	8	0	0	<b>Z</b>	8	<b>Ø</b>	<u> </u>	7	8	0	2	<b>Z</b>	8	<b>2</b>	0	0	<b>Z</b>	0	<b>Z</b>
		7/1	И	и	0	И	<b>a</b>	8	И	<b>a</b>	7	10	И	7/2	<b>Ø</b>	7	И	7	0	И	7	7
		7/1	0	<b>7</b>	0	И	101	7	И	И	0	7	0	<b>8</b>	0	0	И	8	И	0	а	7
		0	<b>1</b>	0	n	70	72	121	7/1	7	И	Ø	й	7/	72	7	7	121	n	И	Ø	Ø
		771	T./I	P.A	V/I	КА	L.A	F.A	- UA	L/A	L/I			r.a	F.A	L/J	- VA		- LOUI	C/I		
								STF	RIKING	G												
	TITLE	l						<u> </u>			COMPL	ETION	STATUS									
1	F2K Punch (Lvl 2) + Half Moons	$\overline{a}$	7	0	И	И	И	0	И	0	И	<b>Ø</b>	и	<i>y</i>	И	И	И	Ø	И	0	0	
2	B2K Punch (Lvl 2) + Half Moons	7	Ø	7	и	7	121	<i>M</i>	и	7	И	a	2	7	7	<u> </u>	И	7/1	7/2	И	7	
					<u> </u>	<i>2</i> 2	123	- 21	121	1/4	121		<u> </u>	73	6/3	68	121	121	<i>1</i> 21	121		
3	Palm (Lvl 2) + Half Moons		<u> </u>	2	V/						<u> </u>	<u> </u>	<u> </u>		<u> </u>	<u> </u>	<i>D</i>	72	<i>M</i>	21		
4	Hammer (Lvl 2) + Half Moons	7	2	<i>A</i>	<u> </u>	<u> </u>	A	M	И	И	<u> </u>	<u> </u>	И	Ø	Ø	И	<u>a</u>	И	И	<u> </u>	8	<b>1</b>
5	F2K/B2K Combo + Half Moons	<b>/</b> /	0	И	И	И	И	И	И	И	И	И	И	И	И	И	<u> </u>	<i>M</i>	И	0	8	12
6	Palm/Hammer + Half Moons	<b>Z</b>	Z	<b>Z</b>	0	<b>7</b>	<b>Z</b>	Ø	И	<b>Z</b>	Z	Ø	Ø	7/	7	<u> </u>	И	<b>1</b> /2	<b>1</b> /2	И	0	Z
7	1st 3-Strike Combo + Half Moons	<b>Z</b>	<b>/</b> /	Z	<b>Ø</b>	1	<u> </u>	Ø	2	<b>/</b> /	7	2	<b>Z</b>	<b>1</b> /2	И	Z	8	<b>Z</b>	Ø	7/	2	Z
8	2nd 3-Strike Combo + Half Moons	Ø	Ø	0	0	7	И	<u> </u>	И	Ø	Ø	8	2	7	И	И	Z	<b>Z</b>	И	И	0	
9	4-Strike Combo + Half Moons	Ø	И	И	И	0	И	И	И	И	И	7	И	0	Ø	И	а	И	7	И	0	
		12.2.1	a .F.I		# .PT			4.5.8	40.4	4.7.1	1.571	1.5.5	. p1	!			H. 41			1.81		
								KIC	CKING	ì												
	TITLE									9	COMPL	ETION	<u>STATUS</u>									
1	Knee / Instep / Front Ball Kick	<b>Z</b>	0	0	0	7	Ø	0	0	Ø	И	0	И	0	<b>1</b> 2	И	<b>Ø</b>	Ø	И	Ø	0	2
2	Front Kick to Angle with Guard	7	0	И	7	и	И	7	И	И	7	8	0	7	И	И	И	7/	7	И	0	7
3	Instep / Ball Kick with Half Moons		7	и	<b>M</b>	7	И	Ø	7	74	Z	<b>1</b> 2	и	7	И	И	7/2	7/2	Й	и	и	Z
4	2-Kick Combo with Cross to Angle		7	и	12	7/	VA	7/1	1/1	72	<i>D</i> 2	<i>D</i> 21	7/	7/	7/		VA	7/	VA.	7/1	Ø	É
4	Z NICK COMBO WITH CLOSS TO ANGLE				0	7/1	<u> </u>	(A)	<u> </u>	VA VA	1231 1231		<u> </u>	7/1	<u>[//</u>	[63]   [63]	124	V/A	V/4  V/4	VA VA		
		<b>/</b>	<u> </u>	<u> </u>	<u>//</u>	<u> </u>	<u> 74</u>		9	2	<u> </u>	<u> </u>	<u> </u>	V/	VI.	121	<u> </u>	<u> </u>	<u>//</u>	2	8	
		//	И	<u> </u>	0	<u> </u>	И	<u> </u>	И	<u> </u>	<u> </u>	<u> </u>	И	W	И	И	<u> </u>	И	И	И	<u> </u>	
		7	<b>7</b>	8	0	И	<b>2</b>	<b>A</b>	0	Ø	И	8	0	Ø	И	И	0	0	8	И	0	7
		<b>7</b>	0	7	0	<b>1</b>	10	0	<b>2</b>	0	0	<b>8</b>	0	0	Ø	И	<b>2</b>	0	И	0	0	Z