

WHITE BELT

(jumping jacks, push-ups, crunches, side kicks, front kicks, punches (x2), leg lifts, mountain climbers, & side kick hold)

FITNESS

10



WORD OF THE BELT: **POSITIVE SELF-ESTEEM**

Winning Black Belts have a feeling of self-worth and confidence. Winners develop a feeling of self-acceptance and respect.

MOVES YOU'LL LEARN AT WHITE BELT *(Check each one off as you learn it!)*



DEFENSIVE

- 1 BACKFIST** *(note: The quickest move you'll learn in karate!)*
- 2 FRONT PUNCH**
- 3 REVERSE PUNCH**
- 4 FRONT KICK**
- 5 BACK-LEG FRONT KICK**
- 6 SIDE KICK** *(note: The most powerful move you'll learn in karate!)*



OFFENSIVE *(counted as 1 & 2)*

- SLIDE FORWARD **BACKFIST**
- SLIDE FORWARD **FRONT PUNCH**
- SLIDE FORWARD **REVERSE PUNCH**
- STEP FORWARD **FRONT PUNCH, BUMP FRONT KICK**
- STEP FORWARD **FRONT PUNCH, BACK-LEG FRONT KICK** *(set in front)*
- STEP FORWARD **BACKFIST, STEP-BEHIND SIDE KICK**

MY WHITE BELT **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?

- Yes! Not yet, still working on my goal!

