

# LITTLE RIPPLES WHITE BELT

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.

## FIRST MONTH

- 1 BACK FIST** *(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!)*



## SECOND MONTH *(counted as 1 & 2)*

- 1 BACK FIST**
- 2 SLIDE FORWARD BACK FIST**
- 1 FRONT PUNCH**
- 2 SLIDE FORWARD FRONT PUNCH**
- 1 REVERSE PUNCH**
- 2 SLIDE FORWARD REVERSE PUNCH**
- 1 FRONT KICK**
- 2 STEP FORWARD FRONT PUNCH, BUMP FRONT KICK**



# LITTLE RIPPLES WHITE-GOLD & BEYOND

## ROTATING CURRICULUM

A \_\_\_\_\_

- 1ST STRIPE DOWN BLOCK, UPPER BLOCK, SIDE BLOCK**
- 2ND STRIPE DOWN BLOCK, AIM, PUNCH (LEFT), TURN, DOWN BLOCK, AIM, PUNCH (RIGHT), FRONT STANCE**

B \_\_\_\_\_

- 1ST STRIPE CIRCLE BLOCK, SQUARE BLOCK, HORSE STANCE**
- 2ND STRIPE ROUND KICK, BACK-LEG ROUND KICK**

C \_\_\_\_\_

- 1ST STRIPE SUDO BLOCK, BACK STANCE, CHOPS**
- 2ND STRIPE REVERSE SIDE KICK**

D \_\_\_\_\_

- 1ST STRIPE HIGH GOLD BELT COMBINATIONS:**
  - 1 OFFENSIVE FRONT PUNCH, REVERSE PUNCH**
  - 2 OFFENSIVE FRONT PUNCH, BUMP FRONT KICK, REVERSE PUNCH**
- 2ND STRIPE PEDAL-STEP FRONT KICK**

E \_\_\_\_\_

- 1ST STRIPE DOUBLE FRONT KICK, ORANGE BELT COMBINATION:**
  - OFFENSIVE FRONT PUNCH, REVERSE PUNCH, FRONT RIDGEHAND**
- 2ND STRIPE SIDE BLOCK, AIM, PUNCH (LEFT), TURN, SIDE BLOCK, AIM, PUNCH (RIGHT)**

