



White Belt Review (10 Kyu)



White Belt Customs and Protocol

1. Bow with your eyes down, your hands open and placed softly against your side and your heels together. Bend your waist about 30° and wait for the senior person to rise first.
2. When encountering your *Sensei* always bow and address him or her with a courteous greeting.
3. After receiving instruction or correction from a higher rank, be sure to bow and thank the person.
4. When your *Sensei* enters or leaves the dojo, the highest ranking student will call the class to attention. Face your *Sensei* and bow to show respect.
5. Make sure that your *obi* (belt) is always tied properly and is tight at the knot.
6. Face away from your *Sensei*, *Sempai*, or any higher ranked student while adjusting or tying your *gi* or *obi*.
7. Your *obi* should never be placed on the ground or the floor. While tying your *obi* around your waist, try to avoid having it touch the ground.
8. Only wear your *obi* while you are in the *dojo*.
9. Remove your shoes before entering the *dojo*.
10. Remove your jewelry before class, as it can cause injury.
11. Keep your fingernails and toenails trimmed short.
12. Avoid placing your certificate, *obi* or other personal items on the floor, even when bowing at the end of class.
13. Bow to the front of the *dojo* (*kamiza*) when entering or leaving.
14. Avoid walking between your *Sensei* and the class when your *Sensei* is teaching or observing the class.
15. Pay close attention when your *Sensei* is instructing, listen carefully to the instructions, and train hard during class.
16. Focus on the techniques being taught. Avoid idle talk and horseplay during class.
17. Do not express any discouragement at techniques that are difficult for you to perform. Simply put forward your best effort.
18. It is disrespectful to ask for information or question katas or techniques that are above your rank.
19. Your *Sensei* knows when you are ready for testing. It is discourteous for a student to ask.
20. Do your best to maintain proper attendance.
21. When sitting on the floor, either sit straight upright on knees/heels or with legs crossed ("Indian style"). Avoid showing or exposing the bottoms of your feet to anyone of a higher rank.
22. Do not boast or brag of your ability or strength, either inside or outside the *dojo*.
23. Be sure to pay your dues by the first class of each month.



Protocol Terminology

Instructions to Begin Class

1. *seidetsu* (Line up)
2. *kiotski* (Attention)
3. *ushiro muite ghi ro obi naosu* (Turn around to your right, face rear of *dojo* and straighten uniform and belt)
4. *shomen* (Face Front)
5. *seiza* (Kneel)
6. *sensei ni rei* (Bow to the teacher)
7. (Students) *onay gai shimatsu* (Please teach us)

Instructions to Begin Break

1. *seidetsu* (Line up)
2. *ushiro muite ghi ro obi naosu* (Turn around to your right, face rear of *dojo* and straighten uniform and belt)
3. *shomen* (Face Front)
4. *sensei ni rei* (Bow to the teacher)
5. (Students) *domo arigato gozaimasta sensei* (Thank you very much for teaching me, Teacher)

Instructions Returning from Break

1. *seidetsu* (Line up)
2. *ushiro muite ghi ro obi naosu* (Turn around to your right, face rear of *dojo* and straighten uniform and belt)
3. *shomen* (Face Front)
4. *sensei ni rei* (Bow to the teacher)

Instructions to End Class

1. *seidetsu* (Line up)
2. *kiotski* (Attention)
3. *ushiro muite ghi ro obi naosu* (Turn around to your right, face rear of *dojo* and straighten uniform and belt)
4. *shomen* (Face Front)
5. *seiza* (Kneel)
6. *sensei ni rei* (Bow to the teacher)
7. (Students) *domo arigato gozaimasta sensei* (Thank you very much for teaching me, Teacher)
8. (After standing up) *sensei ni rei* (Bow to the teacher)
9. (Students) *domo arigato, sayonara sensei* (Thank you, Good-bye Teacher)



Counting

1. <i>ichi</i>	ee-chee
2. <i>ni</i>	nee
3. <i>san</i>	san
4. <i>shi</i>	shee
5. <i>go</i>	go
6. <i>roku</i>	ro-koo
7. <i>shichi</i>	she-chee
8. <i>hachi</i>	ha-chee
9. <i>ku</i>	koo
10. <i>ju</i>	jew
11. <i>juuichi</i>	jew-ee-chee
12. <i>juuni</i>	jew-nee
13. <i>juusan</i>	jew-san
14. <i>juushi</i>	jew-she
15. <i>juugo</i>	jew-go
16. <i>juuroku</i>	jew-ro-koo
17. <i>juushichi</i>	jew-she-chee
18. <i>juuhachi</i>	jew-ha-chee
19. <i>juuku</i>	jew-koo
20. <i>niju</i>	nee-jew

The pattern begins again after each 10 count; twenty-one is *nijuichi*, thirty-one is *sanjuichi*, etc. Exceptions to this are at forty, which is *yonju*, and seventy, which is *nannaju*.

WHITE BELT TERMINOLOGY

Japanese	English Pronunciation	English
<i>kio tsuki</i>	kee-ot skee	attention
<i>rei</i>	ray	bow
<i>sensei</i>	sin-say	teacher
<i>sempai</i>	sim-pie	senior student, assistant instructor
<i>obi</i>	o-bee	belt
<i>ghi</i>	ghee	uniform
<i>kyu</i>	kee-u	boy, class, level, color belt rating
<i>dan</i>	don	man, black belt rating
<i>yoi</i>	yo-ee	ready (to begin)
<i>yame</i>	ya-may	ready (to end)
<i>hai</i>	hi	yes



Warm-up Exercises

#	Exercise	Count	Sets
1.	Jumping jacks	10 (4 count)	1
2.	a) Hand flip	10	2
	b) Bicep circle inside	10	1
	c) Bicep circle outside	10	1
	d) Bicep curl	10	1
3.	a) Arm circle forward	10	1
	b) Arm circle backward	10	1
4.	Waist twist	10 (2 left, 2 right)	2
5.	Cherry picker	10 (4 count)	1
6.	Side stretch	10 (2 left, 2 right)	2
7.	a) Knee squat	10 (2 down, 2 up)	2
	b) Knee circle	10	1 clockwise, 1 counterclockwise
	c) Open/Close squat	10	1
8.	a) High side leg stretch	10 (2 left, 2 right)	1
	b) Low side leg stretch	10 (2 left, 2 right)	1
9.	a) Middle wide leg stretch	10	1
	b) Left wide leg stretch	10	1
	c) Right wide leg stretch	10	1
	d) Walk hands out	10	1
10.	a) Left seated wide leg stretch	10	1
	b) Right seated wide leg stretch	10	1
	c) Middle seated wide leg stretch	10	1
11.	a) Ankle seated leg stretch	10	1
	b) Toe seated leg stretch	10	2
12.	Seated butterfly	10	3
13.	Single leg butterfly	10	1 left, 1 right
14.	Ankle rotation	10	1 forward, 1 backward
15.	Horse stance stretch	10	1 left, 1 right
16.	a) Rotate neck 360°	10	1 counterclockwise, 1 clockwise
	b) Side front side neck stretch	10	2
	c) Up front down neck stretch	10	2
	d) Head to shoulder	10	2
17.	a) Fists knuckle squeeze	10 (3 count)	1
	b) Fists open and close	10	1
18.	Side ankle	10	2
19.	Up on ball of feet back on heel	10	2
20.	a) Knee to chest	10	1 left, 1 right
	b) Side <i>mawashi geri</i> chamber	10	1 left, 1 right
	c) Front <i>mawashi geri</i> chamber	10	1 left, 1 right
21.	a) Front leg swing	10	1 left, 1 right
	b) Side leg swing	10	1 left, 1 right
	c) Back leg swing	10	1 left, 1 right
22.	a) Front crunch	10	2
	b) Left oblique crunch	10	2
	c) Right oblique crunch	10	2
	d) Reverse crunch	10	2
	e) Back crunch	10	2
23.	a) Knuckle pushup	10	3
	b) Fingertip pushup	10	1
24.	Squat	10	2½



25 Basics

#	Basic	Stance	Count
1.	Double middle punch	Front stand	10 left, 10 right
2.	Double middle punch	Straddle stand	10 left, 10 right
3.	Double face punch	Straddle stand	10 left, 10 right
4.	Sweep, punch, double bone block	Straddle stand	20 alternating
5.	Cross body block	Front walk	10 forward, 10 backward
6.	Single bone block	Front walk	10 forward, 10 backward
7.	Knife hand block	Front walk	10 forward, 10 backward
8.	Double middle punch	Front walk	10 forward, 10 backward
9.	Down block	Front walk	10 forward, 10 backward
10.	Double bone block	Front walk	10 forward, 10 backward
11.	High block	Front walk	10 forward, 10 backward
12.	Punch, kick under	Front walk	10 forward, 10 backward
13.	Single middle punch	Front walk	10 forward, 10 backward
14.	Front snap kick	Front stand	10 left, 10 right
15.	Block, pivot, front kick to side	Straddle stand	20 alternating
16.	Side shin kick	Attention stand	20 alternating
17.	Side kick	Attention stand	20 alternating
18.	Front side kick	Straddle stand	20 alternating
19.	Back kick	Attention stand	20 alternating
20.	Side kick, front kick	Front stand	10 left, 10 right
21.	Front kick, side kick	Front stand	10 left, 10 right
22.	Down block	Front walk	10 forward, 10 backward fast
23.	Reverse middle punch	Front walk	10 forward, 10 backward
24.	Block, sweep, jab	Front walk	10 forward, 10 backward
25.	Kicking toes		10 alternating
	Punching floor		10 alternating
	Kicking & punching at same time		10
	Knuckle push-ups		10
	Push-backs		10
	Running in place		10 (4 count)
	Jumping jacks		10 (4 count)
	Breathing exercise		4



White Belt One Step Ippon Kumite #1

The defender and attacker begin each exercise in a left front stance. The attacker steps forward and punches as the defender blocks and steps back.

ATTACKER

1. Punch to *obi*
2. Punch to solar plexus
3. Punch to face
4. Middle punch
5. Middle punch
6. Middle punch
7. Middle punch

DEFENDER

- Down block
- Double bone block
- High block
- Cross body block
- Single bone block
- Knife hand block
- Double bone block, sweep, grab wrist, punch to neck



Fu Kyu Gata Ichi

#	STEP	STANCE	TECHNIQUE
	<i>Yoi</i>	Attention	Left hand, fingers down, in front of right hand
1.	90° left, left forward	Long left front	Left low block
2.	Right forward	Right front	Right middle punch
3.	180° right, right forward	Long right front	Right low block
4.	Left forward	Left front	Left middle punch
5.	90° left, left forward	Long left front	Left low block
6.	Right forward	Right front	Right middle punch
7.	Left forward	Left front	Left middle punch
8.	Right forward	Right front	Right middle punch, <i>kia</i>
9.	225° left, left forward	Long left front	Left low block
10.	Right forward	Right front	Right high block
11.	90° right, right forward	Long right front	Right low block
12.	Left forward	Left front	Right high block
13.	45° left, left forward	Left front	Left reverse middle punch, <i>kia</i>
14.	Right forward	Right front	Right reverse middle punch
15.	Left forward	Left front	Left reverse middle punch
16.	Right forward	Right front	Right reverse middle punch
17.	225° left, left forward	Long left front	Left low block
18.	Right forward	Right front	Right face punch
19.	90° right, right forward	Long right front	Right low block
20.	Left forward	Left front	Left face punch
	<i>Yame</i> 45° left, left back	Attention	Left hand in front of right hand, fingers down