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## WHITE BELT

White Belt represents the beginner student with no previous knowledge of Martial Arts. We believe it is a very exciting time in a Martial Artist's journey and one that is important to continually return back to. Approaching a task with a beginner's mind means we are open to all possibilities, and we are not focused on preconceived notions or perceived limitations.

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## WHITE BELT CURRICULUM - TAEKWONDO / MUAY THAI

1. Taekwondo Tenets
  - Courtesy
  - Integrity
  - Perseverance
  - Self Control
  - Indomitable Spirit
2. Basic Taekwondo Stances
  - Attention Stance
  - Choong-Be
  - Front Stance
  - Back Stance
  - Sitting Stance
  - Parade Rest
3. Basic Taekwondo Blocks
  - Low Block
  - High Block
  - Inner Forearm Block
4. Basic Taekwondo Strikes
  - Punch
  - Palm Heel Strike
  - Knifehand Strike
  - Backfist
  - Hammer Fist
5. Basic Taekwondo Kicks
  - Front Kick
  - Round Kick
  - Side Kick
  - Crescent Kick
6. Basic Muay Thai Combos
  - Jab (1)
  - Double Jab (1 1)
  - Jab / Cross (1 2)
  - Jab / Cross / Hook (1 2 3)
  - Jab / Cross / Upper (1 2 4)
7. Muay Thai Footwork - Step and Slide
  - Advancing
  - Retreating
  - Right
  - Left
8. Muay Thai Footwork - Boxer's Shuffle





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## WHITE BELT CURRICULUM - KALI / ESKRIMA / SILAT

1. Inayan KDM Angles 1-5
2. Inayan Sinawali Angles 1-5
3. Basic Blocks - Dequerdas Blocks Angles 1-5
4. Footwork - Male Pattern
  - Replacing at Apex
  - Replacing at Base
5. Sinawali 4 Count
6. Sipa Kick
7. Inayan 5 Methods of Defense
  - Evade
  - Block / Interdiction
  - Parry / Redirection
  - Attack the Attack
  - Combination
8. Inayan KDM - Hand Drills
  - Block Parry Check

