



White Belt Training & Grading Notes

These notes show the minimum number of techniques required to advance to the next grade. Further variations and techniques are allowed where discussed with your instructors beforehand. At this grade, basic punching and kicking techniques are introduced, along with basic throws and joint locks.

Tan-jon breathing & pattern

A 'pattern' is a choreographed sequence of techniques designed as an exercise in mental focus, self-discipline and control. This is preceded by Tan-jon breathing: a breathing exercise that helps students to control their breathing and maintain focus. This is usually the first part of any grading,

Breakaway Techniques

A series of techniques to break your opponent's grasp and seize back the initiative.

- **Same-side, single wrist grab** 2 variations (inside step and outside step)
- **Two-handed, single wrist grab** grab own fist, and pull back over shoulder
- **Two-handed, double wrist grab** cross hands, grab wrist, back step
- **Same-side, single shoulder grab** 2 variations (inside and outside breakaway)

Self Defence Techniques

A series of techniques using joint manipulation or locks to subdue your opponent.

- **Straight-arm lapel grab** Double-wrist grab, step under & behind, take to ground
- **Bent-arm lapel grab** 2 variations (scissor lock to backdrop, and elbow lift)
- **Two-handed double shoulder grab** Basic **arm-bar** technique
- **Cross-hand, single wrist grab** Basic **back-drop** technique
- **Same-side, single shoulder grab** Basic **swan-lock** technique

'Punch-evade' exercise

The punch-evade-counter exercise is a simple movement drill teaching students how to evade a straight punch, and then counter this with a punch of their own. Strikes should be accompanied with a clear 'kee-yap' to show focus and intensity.

'Three-step-sparring' exercise

Partners face each other. Lead attacker begins kicking, while defender retreats and blocks. The defender is always the one to grab at the end of the set of kicks, initiating the self-defence component.

- 3 x front-kicks, single-handed shoulder-grab, twist free
- 3 x side kicks, two-handed, double shoulder-grab, arm-bar
- 3 x round kicks, defender catches kick & sweeps, attacker uses scissor-leg takedown.
- 3 x front kicks, single-handed shoulder-grab, spinning hook kick

Break-falling requirements

Students will learn four basic break-falling techniques at this grade: front, side, back and rolling. During the grading, you may be asked to demonstrate any of these techniques.

One step hip-throw

Student must demonstrate basic hip throw from a standing overhead attack, twice on one side. During training, the student should practice throwing on both sides.

Sparring requirement

Students are expected to demonstrate two rounds of standing kick-punch sparring with no-contact/light contact only.

Power test

Students demonstrate their basic striking techniques against pads (front kicks, round kicks, punches, spinning hook kicks). The aim of this exercise is to display power, not speed – so the examiner will look for focus and technique. All strikes should be accompanied by a clear 'kee-yap'.

Grading fees

\$30, payable to the club before the grading.