

White Belt Syllabus (10th Gup)

Practical	Instructor comments
Inner Crescent	
Outer Crescent	
Front Snap Kick	
Turning Kick	
Upper Block	
Inner Block	
Outer Block	
Down Block	

Older white belts basic pattern junior white no pattern. All Kicks on Paddles.

Student Name

Student age..... Date.....

Masters comments Only

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Masters signature.....

Date.....