



## White Belt Techniques

**Note:** Illustrated review sheets describing stances and blocks are available on the website. Go to [www.opendoortkd.net](http://www.opendoortkd.net), click on “Current Student Info” tab on the left, then click the “Technique Review Sheets” tab on the left.

### Stances

Attention and Bow – Both feet together, hands open with fingers together at sides of the body. Bow at the waist while looking at the floor. Do not move the hands during the bow.

Ready Position – Move the left foot so that there is about a one foot span distance between the feet. Blades of feet should be parallel to each other, toes facing forward. Feet should not be outside shoulder width. Move hands together, palms facing up and lift to solar plexus level. Close hands into fists and move them down to finish in front of belt. Position fists with one fist distance between hands and hands two fist away from the body. Inhale as the hands move up, exhale out as the hands move down. This movement should take a 4 count to complete.

Forward Stance – Step forward with approximately a two foot-span distance between the heel of the front foot and the big toe of the back foot. The parallel distance between the feet, measured from the inside edge of the big toes, is a one-foot span. The front foot points forward and the angle of the back foot is 30 degrees. Bend the front knee so you cannot see your toes while keeping the back knee straight. Place 2/3 of your weight on the front foot. Keep back straight and look forward.

Preparatory Position (Front Up and Front Snap Kick) – Forward Stance with fists placed in a low block position. Position the hands two fists away and two fists in front of each the forward leg with the fingers facing inward.

Straddle (Horse Riding) Stance – Place feet approximately a two foot-span distance apart with the blades of the feet parallel to each other. Bend the knees without positioning the knees vertically ahead of the toes. Keep back straight and look forward.

Fighting Stance – Place one foot in front and turn the shoulders and hips to face 45 degrees away from the striking (center) line. In this position the stance should be balanced and comfortable. Bring hands up as fists with elbows one fist away from the ribs.



## **Blocks**

Low Block – Begin with the blocking fist above the opposite shoulder with fingers of the fist facing the face. The elbow of the blocking hand is neither lifted nor touching the body. The non-blocking fist is positioned forward toward the solar plexus with fingers facing down. In this position, the hip and shoulder of the blocking arm rotate forward. Move the blocking fist down from the shoulder to finish directly above the thigh, fingers facing down, while rotating the hip and shoulder. Simultaneously move the non blocking fist to the waist with the fingers facing upward. At the control point, the blocking hand is a distance of two vertical fists above the thigh. Rotate both hands to their final position in the last 4 - 6 inches of the technique.

High Block – Begin with the blocking fist positioned approximately one fist below the opposite elbow in front of the opposite hip with fingers of the fist facing slightly upward. The non-blocking fist is positioned forward at the level of the chest with fingers facing out. In this position, the hip and shoulder of the blocking arm rotate forward. Move the blocking wrist up and out to finish with the wrist on the striking line. Rotate the hip and shoulder as you execute the block. Simultaneously move the non-blocking fist to the waist with the fingers facing upward. At the control point, the fingers of the fist face outward with the blocking wrist positioned vertically one fist distance in front of the forehead. Rotate both hands to their final position in the last 4 - 6 inches of the technique.

Middle Block – Begin with the blocking fist positioned vertically above the elbow between shoulder and ear height. The non-blocking fist is positioned in front of the chest. In this position, the hip and shoulder of the blocking arm rotate forward. Move the blocking wrist in an inward direction to finish with the outer edge of the wrist (below the little finger) in the center of the body. During the block, the elbow of the blocking arm remains parallel to the floor. Simultaneously move the non-blocking fist to the waist with the fingers facing upward. At the control point, the fingers of the fist face the body with the blocking fist positioned vertically at shoulder level. The blocking elbow is positioned one fist away from the ribs and should be bent 90 - 120 degrees. Rotate both hands to their final position in the last 4 - 6 inches of the technique



## **Striking Techniques**

Middle Punch – Begin with the striking fist at the waist with fingers facing up. Move the fist in a straight line to the center of the body stopping at the solar plexus (soft area below the sternum). The striking fist turns just before impact striking with the first and second knuckle. As the punching fist moves out pull the non-punching fist to the belt with the fingers of the non-punching hand facing upward.

High Punch – Using the same motion described above, focus the strike just below the nose.

Low Punch – Using the same motion described above, focus the strike at the belt.

## **Kicking Techniques**

Front Up – Begin in preparatory position for front up. Swing the rear leg up with the foot in a front snap kick position. The knee should stay straight as the leg is lifted. As the leg is being lifted bring both fists up, facing each other, to the center of the body. After completing the lift cross the fists at shoulder level and move the hands and leg together to return to preparatory position.

Front Snap Kick – Begin in preparatory position. Lift the knee of the kicking leg up while bringing both fists up, facing each other, to the center of the body (chamber). As the knee elevates the foot is positioned so that the toes are curled back and the ball of the foot is pointed away from the body. Kick by quickly extending the foot away from the body making contact with the ball of the foot (lock-out). After full extension keep the knee in place and return the foot to the starting position of the kick (re-chamber). Following the re-chamber cross the fists at shoulder level and move the hands and leg together to return to preparatory position.

## **One Step Sparring**

Set 1 – Begin in ready position. Opening the left fist and block in a circular direction stopping on the center line. At the same time bend the right knee. After blocking, step with the right foot into a straddle stance at a 45 degree angle to your opponent. Strike with a right hand high punch. When punching pull the blocking hand back to the waist.

Set 2 – Same block as Set 1. Strike with an knife hand strike to the neck.

Set 3 – Same block as Set 1. Strike with a palm strike to the nose.

Set 4 – Same block as Set 1. Strike with an elbow strike to the jaw. Stop with the point of the elbow on the striking line with the fist pointed toward the opposite shoulder, fingers facing down.

Set 5 – Same block as Set 1. Strike with a horizontal spear hand strike to the throat.