



White Belt Rank

Training Guide “SnapShot”

(To help you focus on the absolute requirements for passing your test)

All of the information summarized below is found in your White Belt Training Guide.
Refer to your guide to gain more understanding on any topics.

> Must Know, Must Do

Know where to check for knowledge and information

- o Website : www.PiscatawayDojo.Org; Check the announcements **before** coming to class

Know the title and names of your instructors

- o Sensei George, Founder and Instructor
- o Sensei Ray, Head Instructor & Program Director
- o Sensei Tracy, Instructor & Administration
- o Sensei Michael, Sensei Nik, Sensei Ankush, Instructor

Know the meaning of these phrases

- o Phrase : *We are a free program, but We do not give anything away*
- o Phrase : *Every class is a test, and any test is just another class*

Know what is expected from you

- o Students are expected to come to class ready to start by 6:55 PM
- o Use the bathroom BEFORE class starts
- o Students are expected to “Do Your Own Work”
 - * Be responsible for themselves
 - * Carry their own belt and equipment
 - * Know how to line up
 - * Know how to behave in the dojo
 - * Work on their techniques as shown by instructors, not as their friends and martial arts classmates appear to be doing

Know these words

- o Dojo : The hall in which we train; Bow In when coming in; Bow “In” before stepping out
 - o See your training guide for proper procedure of bowing In/Out
- o Sensei : a Japanese word that basically means "teacher";
 - o Be sure you know the names of all your Sensei(s)
 - o See your training guide or the website for names

Know how to ...

- o Tying your Gi (Uniform) on your own
- o Tying your Obi (Belt) on your own
- o Folding your belt, and tying it into a knot
- o Carry your Gi and Obi on your own
- o Know how to line up without being shown
- o Bowing; Where to bow, When to bow, How to bow

> Skill Sets for Testing Proper and focused execution is required of all the following

- o Your primary goal as a new student, is to perform the cycle of Learn, Remember, Practice
- o Make an Effort to focus; Make an Effort to improve

- o Listen and follow instructions
- o Work in your own space; Control how and where your body moves
- o Know your Right / Left sides

- o Natural Stance; Stand Still, Stand Strong, Stand like a Warrior, Check your body position
- o Attention Stance; Right leg In/Out, Heels touch, Feet at a “V”, Hands at your side

- o Jumping Jacks Feet move in-out, while Hands all the way up and down
- o Down-Out-In-Up **Hop** your feet all the way out and all the way in
- o Sprint In-Place Alternating leg switch
- o Plank Position Back is flat and straight, Do not have your butt sticking up higher than your shoulders
- o Push Ups Bend your elbows; Try, Try, Try; Effort is what gets you noticed
- o Leg Lifts Legs straight, Hands at your sides, Only 6-inches off the floor
- o Kicking Stance Leg up, Knee at belt level
- o Rectangular Stance Also called Horse Stance; Knees are bent; “Sink Down”
- o Alternating Punch while in Rectangular Stance; All punches are center line
- o Ready Stance Check your body position, Your opponent is in front of you, not to your side
- o Knee Strike Check that your foot does not extend out when striking
- o Thrust Kick You should be trying to PUSH with the bottom of the foot, NOT the top of the foot
- o Snap Kick This is a knee strike with a foot extension
- o 4-Punch Jab, Cross, Upper Cut, Round House
- o Low Block Load to Guard center line, Block to respond to an attack
- o 3 “O”s Open Mind, Open Heart, Open Arms
- o 5 “A”s Aware, Alert, Avoid, Anticipate, Act
- o Center Line Concept; Attack Center Line , Defend Center Line, Move off Center Line

All the required techniques are demonstrated and practiced in class. It is important to attend class on a regular and consistent basis. Techniques are progressive. Therefore, students must maintain a level of competency on all techniques learned at previous levels.

“Every class is a test, and any test is just another class”

The key to earning Yellow Belt Rank is by DOING EVERYTHING CORRECTLY at White Belt Rank

If you are promoted to Yellow Belt, you must be able to remove your White Belt, and tie your new belt from a Right-Knee-Down position.