



Focus at White Belt Level



Your primary goal as a new student, is to perform the cycle of

Learn, Remember, Practice

White Belt Rank students must work hard to properly perform

Basic Martial Arts Traditions
Basic Strengthening Exercises
Basic Stamina Exercises
Basic Stances
Basic Body Positions
Basic Techniques

Make an Effort to focus
Make an Effort to improve

White Belt level is like starting to build a house
You need to establish a strong foundation (base)
Or soon enough, the house will fall apart

Work on Building
Strong Basics !