

BEGINNER DRILLS COMPETITION

- An appointed black belt will **ONLY DEMONSTRATE ONCE** each of the techniques called for in the white belt drill work at the direction of the Center.
- Yellow belts may do drills individually or with a partner.
- Matches may be run either according to the same bye system used in sparring or graded similarly to forms.
 - If the bye system is used, matches will be 2 minutes in length. Judges will hold up the colored flag to indicate a winner.
 - If the division is run similarly to forms, the competitor with the highest number of points wins. If there is a tie, the tie will be run in the same manner as forms.

TOURNAMENT

How everyone

Tournaments are a great way to see new people. Every tournament is a chance where we get to see people who

You can gain a new perspective from observing students from the high rank black belt division. Everyone needs inspiration. I might not have challenged because I didn't know what c



about the results. By watching and rank, the student may not improve. Go to the tournament to learn from others.

Before you can enjoy experience, you must go to the attitude. Not everyone who c a 1st place trophy. In fact, on division will leave with one. not being that one person that what we learn from our performance return next time and improve always found that I learned a very little from my wins! *The lose gracefully and have done don't choose not to compete can win 1st place!*

BEGINNER DRILLS COMPETITION

- An appointed black belt will **ONLY DEMONSTRATE ONCE** each of the techniques called for in the white belt drill work at the direction of the Center. White Belts are expected to perform all 3 of the Drills.
- Yellow belts may do drills individually or with a partner. Yellow belts are expected to do the kicking drills listed for their rank.
- Matches may be run either according to the same bye system used in sparring or graded similarly to forms.
 - If the bye system is used, matches will be 2 minutes in length. Judges will hold up the colored flag to indicate a winner.
 - If the division is run similarly to forms, the competitor with the highest number of points wins. If there is a tie, the tie will be run in the same manner as forms.

BEGINNER DRILLS COMPETITION

White Belt Drill # 1

Parallel Ready Stance

- *1) Left foot steps forward to a left front stance while making a left high rising block;*
- *2) Advance to a right front stance, right high rising block, double punch (rear hand punches first);*
- *3) Advance with a rear leg front kick, landing in a right front stance, right high rising block, double punch; About face, left front stance, left high rising block, double punch;*

Left foot returns to parallel ready stance.

BEGINNER DRILLS COMPETITION

White Belt Drill # 2

Parallel Ready Stance

- *Step forward with the left foot to a middle stance while making a left knifehand strike; Advance by stepping behind, landing in a middle stance while making a left knifehand strike.*
- *Turn, facing the opposite direction and making a right knifehand strike; Advance by stepping behind, landing in a middle stance while making a right knifehand strike.*
- *Turn, facing the opposite direction and making a left knifehand strike; Advance by step behind side kick, landing in a middle stance while making a left knifehand strike.*
- *Turn, facing the opposite direction and making a right knifehand strike; Advance by step behind side kick, landing in a middle stance while making a right knifehand strike. Turn, facing the opposite direction and making a left knifehand strike;*

Left foot returns to parallel ready stance.



BEGINNER DRILLS COMPETITION

White Belt Drill # 3

Parallel Ready Stance

- *Step backward with the right foot to a middle stance while making double outer forearm blocks; Advance by making a turning round kick and landing in a middle stance while holding the double outer forearm block.*
- *Turn and make a double outer forearm block in the opposite direction. by making a turning round kick and landing in a middle stance while holding the double outer forearm block.*
- *Turn and make a double outer forearm block in the opposite direction.*

Right foot returns to parallel ready stance.

BEGINNER DRILLS COMPETITION

Low Yellow Belt Kicking Drills

From parallel ready stance, step back with the right foot into a middle stance, left sides facing

1) Step together, making a left leg side kick, step down, feet together, then right foot steps back into the original middle stance;

2) Step together, making a left leg round kick, step down, feet together, then back into original middle stance;

3) Step together, making a left leg hook kick, step down, feet together, then back into original middle stance;

4) Step together, step out into a left front stance while making the right reverse punch, double step back to original middle stance;

Hop change sides, landing in a middle stance with right sides facing and repeat drills.



BEGINNER DRILLS COMPETITION

High Yellow Belt Kicking Drills (3rd and 4th Grade)

From parallel ready stance, step back with the right foot into a middle stance, left sides facing;

- 1) Step together, making a double left leg round kick; step down, feet together, then back into the original middle stance.*
- 2) Step together, making a left leg hook kick-round kick combination; step down, feet together, then back into the original middle stance.*
- 3) Step together, making a left leg sidekick, landing in a left front stance while making a right punch; double step back into the original middle stance.*
- 4) Step together, making a left leg hook kick; step down with feet parallel and back to your opponent, then execute a right spin side kick; step down with feet parallel and back to your opponent, making the left spin side kick; landing in a left front stance while making a right punch; double step back into the original middle stance.*
- 5) Step together, making left leg side kick; stepping down with feet parallel and back to your opponent, execute a right 360 spin heel kick; landing in the original middle stance; step together and step out into a left front stance while making a right punch; execute a left leg round kick; step down, feet together, and double step back into the original middle stance.*

Hop change sides, landing in a middle stance and repeat the above drills with right sides facing each other.

