

# White Belt Requirements

## Stances:

- Sparring Stance
- Horse
- Bow
- Cat
- Reverse Bow
- Bird Stance High
- Bird Stance Middle
- Bird Stance Low
- Mantis Stance
- Monkey Stance

## Kicks:

- Front Snap Kick
- Round House
- Side Thrust
- Inside Smash
- Outside Smash
- Jump Front Snap Kick
- Straight Leg Kick
- Hook Kick

## Hand Strikes:

- Horizontal Punch
- Vertical Punch
- Reverse Punch
- Back Fist
- Hammer Fist
- Vertical Side Hand
- Twist Hit

## Pressure Points:

- Large Intestine = LI 10
- Lung = LU 9
- Heart = HT 7
- Ren = RN 1 & 2, RN 15, RN 19-21
- Stomach = ST 5 & 6

**Sparring Techniques:** 1-10

**Tan Tui Short Forms:** 1-5

**Chin Na:** 1-10

