

Zaino Martial Arts

White Belt Rank Requirements

1st Degree White Belt

1. Stances: Dachi
 - A. Ready Position – Yoi
 - B. Attention Stance – Musubi Dachi
 - C. Front Stance – Zenkutsu Dachi
 - D. Front Fighting Stance – from a sitting position
2. Blocks: Uke (from a ready position)
 - A. High Block – Jodan Uke
 - B. Inside (middle) Block – Chudan Uke
 - C. Outside (forearm) Block – Soto Ude Uke
3. Kicks: Geri
 - A. Front Stretch Kick



2nd Degree White Belt

1. Stances: Dachi
 - A. Horse Stance – Kiba Dachi (Regular and Japanese)
2. Blocks: Uke (from a ready position)
 - A. Knife Hand Block – Shuto Uke
 - B. Down (low) Block – Gedan Uke
 - C. Spear Hand Block
3. Punches and Strikes: Zuki and Uchi
 - A. Reverse Punch – Seiken Zuki
4. Kicks: Geri
 - A. Front Snap Kick – Mae Keage Geri (ball of foot)

3rd Degree White Belt

1. Perform requirements from 1st and 2nd Degree White Belt
2. Perform 12 Point Blocking System: from a horse stance
3. Forms: Kata
 - A. School Kata #1 "Okinawan Punching Kata"

