

Puma 2 (White Belt/Orange Stripe) Grading Syllabus.

What does my belt represent?

White represents a primitive stage of achievement. Thus, the seed as it lies dormant beneath the snows of winter.

Physical

10 good push ups

10 good sit ups

Techniques

Punches in horse stance, low, middle, high.

Outside to inside block on the spot.(shoulders width stance)

Inside to outside block front stance (walking)

Outside to inside kick

Round house kick

Turning side kick (back leg)

Fighting stance, front kick (back leg) double punch

Forms/Patterns

Basic forms 1 & 2

Theory

What is the meaning of white belt?

What is ready stance in Korean?

What is front stance in Korean?

What is back stance or fighting stance in Korean?

What is horse stance in Korean?

What is front kick in Korean?