

FORM: NTI 1

WHITE BELT REQUIRMENTS:
F.KICK/ R.KICK/ STEP SIDE KICK/

KEYS TO SUCCESS:

RESPECT/REPETITION/PATINCE/ DISCIPLINE/ HUMILITY

BREAKING : STEP SIDE KICK

SELF DEFENSE: 13 AND ABOVE



READY
STANCE



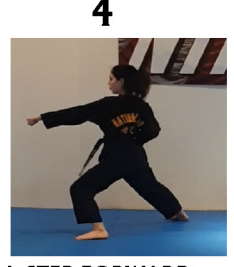
1
L.TURN 90* L
L LONG STANCE
L. LOW BLOCK



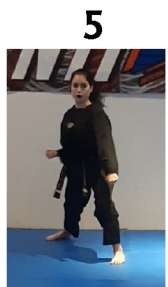
2
R.STEP FORWARD
R. LONG STANCE
R. PUNCH



3
R TURN 180* R
R. LONG STANCE
R. LOW BLOCK



4
L.STEP FORWARD
L LONG STANCE
L. PUNCH



5
L TURN 90* L
L LONG STANCE
L. LOW BLOCK



6
R STEP FORWARD
R LONG STANCE
R PUNCH



7
L STEP FORWARD
L LONG STANCE
L PUNCH



8
R STEP FORWARD
R LONG STANCE
R PUNCH



9
R TURN L 90*
R LONG STANCE
R LOW BLOCK



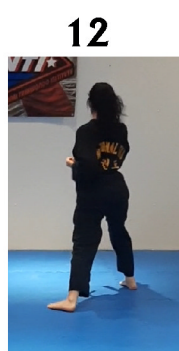
10 A
L FRONT KICK
L LONG STANCE
L PUNCH



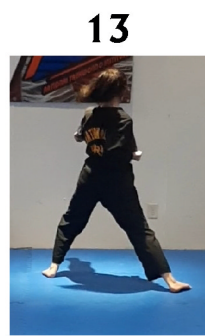
10 B



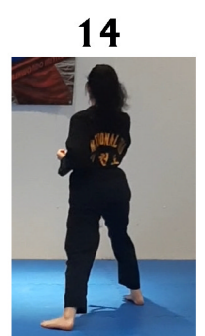
11
L TURN L 90*
L LONG STANCE
L LOW BLOCK



12
R STEP FORWARD
R LONG STANCE
R PUNCH



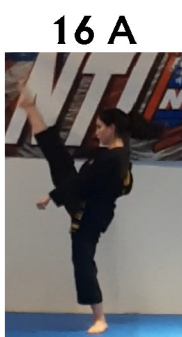
13
L STEP FORWARD
L LONG STANCE
L PUNCH



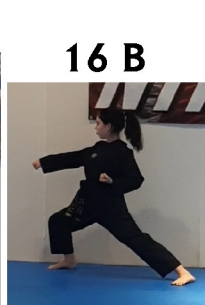
14
R STEP FORWARD
R LONG STANCE
R PUNCH



15
L TURN L 90*
L LONG STANCE
L LOW BLOCK



16 A



16 B

R FRONT KICK
R LONG STANCE
R PUNCH



R COMES BACK
READY STANCE