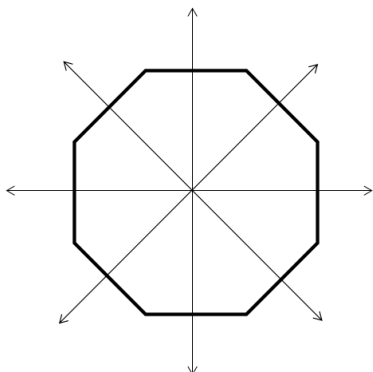


STAFF/BO/JO
LEVEL I
(Orange Requirement)

BLOCKING & STRIKING KATA

(Sound Off & with Kiaii)



Blocking:

1. Block down, set
2. Block up, set
3. Block side, set
4. Block side, set
5. Top diagonal, set
6. Top diagonal, set
7. Bottom diagonal, set
8. Bottom diagonal, set
9. Parry
10. Aim center, strike

STANCES

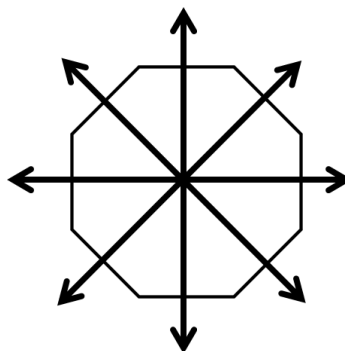
1. Stationary (feet together)
2. One-step pivot RT (C-step)
3. One-step pivot LFT (C-step)

One-step pivot right/left



DRILLS (3 sets of 20)

1. Blocking/Striking Sets (set of 10)
2. Figure 8
3. Figure 8 1,2,3
4. Overhead Spin, Strike



Striking:

1. Top diagonal, set
2. Top diagonal, set
3. Bottom diagonal, set
4. Bottom diagonal, set
5. Ribs, set
6. Ribs, set
7. Diagonal set, groin
8. Diagonal set, head
9. Aim center, strike
10. Home

Test : Staff/Bo/Jo Level I Date: _____ Signature: _____

This document is confidential and proprietary to Robert Ito's White Tiger System. This is an unpublished work protected by Federal copyright laws and no unauthorized copying, adaptation, distribution, or display is permitted.