

Sebastian Karate

10th Gup White Belt - Drills

Requirements for 9th Gup Yellow Belt - (No Test)

Stances:

- 1 - Ready – Choon Bee JaSeh
- 2 - Front – Chun Kul JaSeh
- 3 - Fighting – Hu Kul JaSeh
- 4 - Horse – Kee Ma JaSeh

Kicks: (Fighting Stance)

- 1 - Front – Ahp Cha Ki
- 2 - Side – Yup Cha Ki
- 3 - Roundhouse – Tollyo Cha Ki
- 4 - Outside/Inside – Phakeso Ahnuro Cha Ki
- 5 - Inside/Outside – Ahneso Pahkuro Cha Ki

Hands: (Front Stance)

- 1 - Low Block – Ha Dan Mahk Ki
- 2 - High Block – Sang Dan Mahk Ki
- 3 - Middle Punch – Choong Dan Kong Kyuck
- 4 - High Punch – Sang Dan Kong Kyuck

Forms: (with or without the count) No Forms at White Belt

Breaking No Breaking at White Belt

