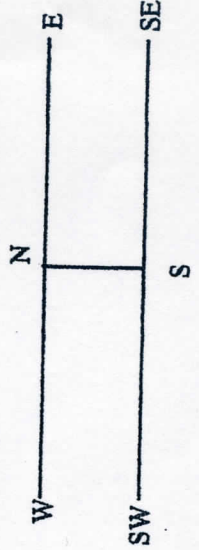
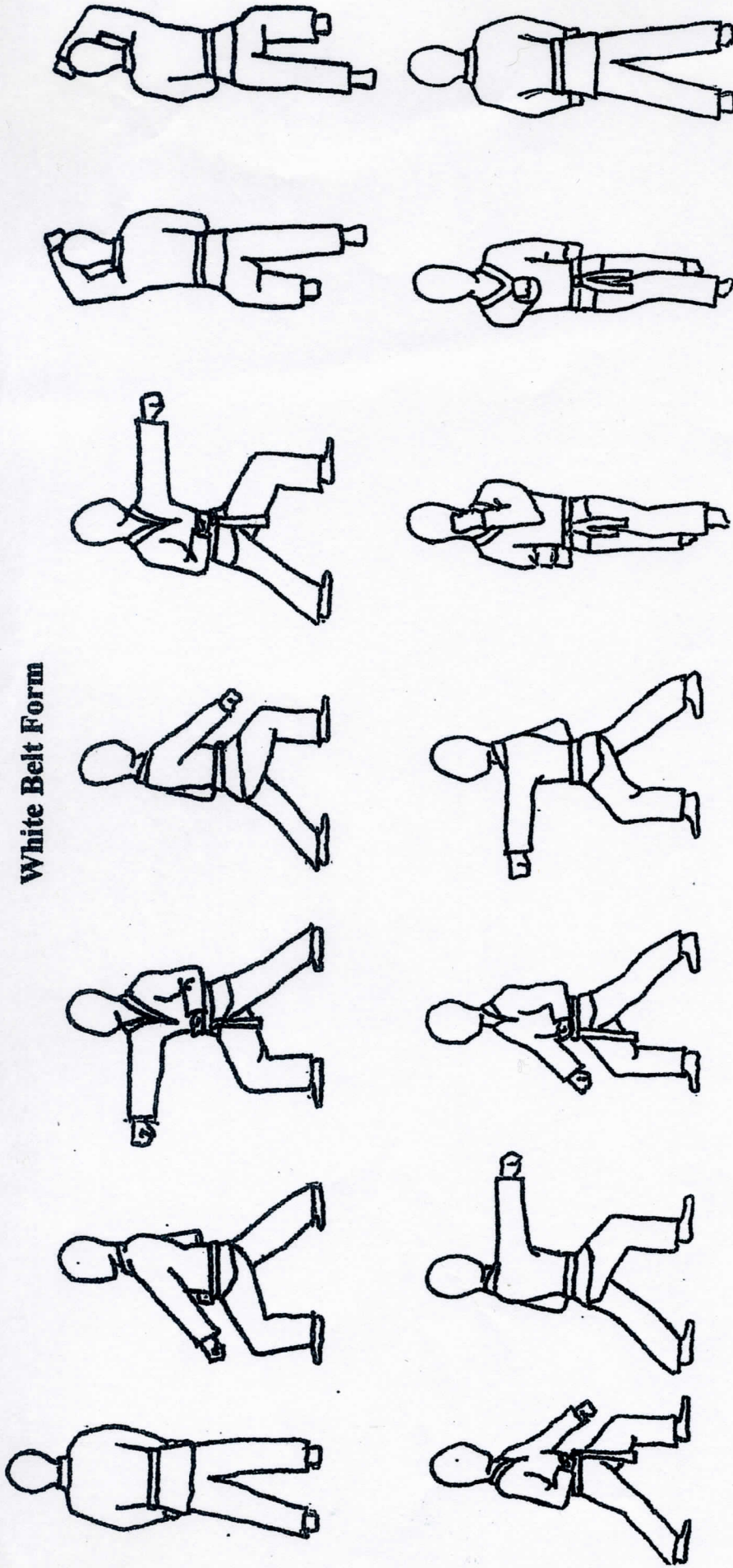


White Belt Form



1. Turn left 90° (SW) into a front stance, execute a left hand low block.
2. Step forward into a front stance, right hand middle punch.
3. Turn right 180° (SE) with right foot into a front stance, right hand low block.
4. Step forward into a front stance, left hand middle punch.
5. Turn left 90° (N) with left foot into a front stance, left hand high block.
6. Step forward into a front stance, right hand high block.
7. Turn left 270° (E) with left foot into a front stance, left hand low block.
8. Step forward into a front stance, right hand middle punch.
9. Turn right 180° (W) with right foot, right hand low block.
10. Step forward into a front stance, left hand middle punch.
11. Turn left 90° (S) with left foot into a front stance, left hand inside arm block.
12. Step forward into a front stance, right hand middle punch with a 'Kechahp'.