



WHITE SASH SYLLABUS

1. Fitness – 60 of each exercise.
2. Etiquette – general respect.
3. Dragon Stance.
4. Dragon Punch.
5. Crescent Block.
6. Backfist By Crescent.
7. Forward Snap Kick.
8. Rolling.
9. Multiple Strickes 1 & 2.
10. Neck Escape.
11. Reverse Takedown To Downward Knife.
12. Reverse Cross Body Takedown.
13. Reverse Take Down To Straight Knife.
14. Serpent Reverse Wristlock Takedown.
15. Serpent To Armpit And Lock Arm.
16. Leopard Claws To Armpit.
17. Side Wrist Lock
18. Cross Arms.
19. Unfriendly Handshake.
20. Long Crane To Straight Knife.
21. Cross Body, Step Under, Straight Arm Lock.
22. Lounq Kair Mar (Part 1).