

White Belt One Steps  
"Positive affirmation"

#1 Get back, leave me alone! I'm safe!

Left high block and say get back

Right punch and say leave

Left punch and say me

Right punch and say alone

Low block and say I'm safe

#2 I listen, pay attention, follow directions. I'm a karate kid!

Middle stance and say I

Right inner forearm block and say listen

Right side kick and say pay attention

Right knifehand strike and say follow directions

Low block and say I'm a karate kid

#3 I'm polite, treat others right. I'm a winner!

Left low block and say I'm polite

Left front kick and say treat

Right punch and say others

Left punch and say right

Low block and say I'm a winner