

Macabee MARTIAL ARTS SASH REQUIREMENTS (White Dragon Kempo)



Instructors Format. Novice beginner level 1.

Before each level test, the student must perform a 30second horse stance, bow stance, and cat stance (on both sides), ten perfect pushups and fifteen perfect sit ups.

White Sash/No Fringe

- 1. Perfect Salute – must teach the importance of not only how, but also why, and above all when.**
- 2. Horse stance, bow stance, and cat stance.**
- 3. Front punch, and reverse punch.**
- 4. High block**
- 5. Front kick.**

When a student assistant instructor is given a new student to work with, this is the format that must be followed to the letter and in this exact order.

White Sash/White Fringe

- 1. Inside block**
- 2. Back kick**
- 3. Combination with High, and inside blocks along with front, and reverse punch. And adding in front and back kick.**
- 4. Short Form of the Tiger. Form must be performed with perfect stances and done slowly one movement per count.**
- 5. Must be able to count to ten in Chinese.**

White Sash/Black Fringe

- 1. Down block**
- 2. Snap kick from cat stance**
- 3. Combination using the down block along with foot and hand techniques already learned.**
- 4. Short Form of the Tiger utilizing dynamic tension. (Two movements per count.)**

White Sash/Red Fringe

- 1. Outside Block**
- 2. Combinations with all four blocks/kicks and punches**
- 3. Leaping front kick**
- 4. Short Form of the Tiger/one breath.**

