

White Belt Form

“Kamsah” meaning ‘Appreciation’

				
<p>1. Beginning Position</p> <ul style="list-style-type: none"> - Cross hands making an “X” at the wrists, chin level 	<p>2. Left Fold</p> <ul style="list-style-type: none"> - Left hand touches the neck with index finger. - Right hand makes a fist touching the belt on the hip. 	<p>3. Left Chop Block</p> <ul style="list-style-type: none"> - Left hand chops. Palm outward, looking over fingertips. Wrist is straight and elbow bent - Right hand comes up to chest. - Left foot steps out 1 foot length. 	<p>4. Back Punch</p> <ul style="list-style-type: none"> - Left hand comes back to protect face. - Right foot pivots for back punch. 	<p>5. Right Fold</p> <ul style="list-style-type: none"> - Right hand touches the neck with index finger. - Left hand makes a fist touching the belt on the hip. - Feet come together, left to right.
				
<p>6. Right Chop Block</p> <ul style="list-style-type: none"> - Right hand chops. Palm outward, looking over fingertips. Wrist is straight and elbow bent - Left hand comes up to chest. - Right foot steps out 1 foot length 	<p>7. Back Punch</p> <ul style="list-style-type: none"> - Right hand comes back to protect face. - Left foot pivots for back punch 	<p>8. End Position</p> <ul style="list-style-type: none"> - Bring feet together, right to left. - Cross hands making an “X” at the wrists, chin level 	<p>9. Chario Position</p> <ul style="list-style-type: none"> - Hands to the side 	<p>10. Appreciation Bow</p> <ul style="list-style-type: none"> - Bow for 3 seconds saying, “Thank You Sir/Ma’am”