

2025 Open Hand Basics

BEGINNER LEVEL COLOR BELT BASICS (27 NEW BASICS)

Positions and Stances	Blocks	Strikes	Kicks
<u>Positions</u> Attention Resting Masters Listening	High Block Low Block Twin High Block Twin Low Block	Punch Twin Punch Knifehand Strike Palm Heel Strike (Fingers up) Backwards Hammer Fist Strike Backwards Horizontal Elbow Strike	Front Kick Step Front Kick Round Kick Step Round Kick Side Kick Step Side Kick
<u>Stances</u> Front Stance Middle Stance Parallel Stance Back Stance	Inner Forearm Block Outer Forearm Block Double Knifehand Block		