

## Black Belt Form – “The Great White”

By Ethan Myers

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No.	Technique	Stance
1.	Attention, Bow, Ready Stance	N/A
2.	Right Back Kick to 6:00, Kiai	Fighting
3.	Turn and Set into Jab / Cross	Fighting
4.	Right Back Kick to 12:00	Fighting
5.	Turn and Set into Jab / Cross	Fighting
6.	270 Degree Right Reverse Hook Kick to 9:00	Fighting
7.	Jab / Cross	Fighting
8.	Right Reverse Hook Kick to 3:00	Fighting
9.	Step Forward and Low Block	Front
10.	Right Round House Kick to Knee, leave leg up	Front
11.	Knee Strike to Head, leave leg up	Front
12.	Right Side Kick & Backfist to 6:00	Front
13.	Pivot to 6:00 and Land in Chair Block	Front
14.	Right Roundhouse Elbow, Spin Counter Clockwise to...	Front
15.	Supported Left Reverse Elbow, Right Reverse Uppercut facing 6:00	Front
16.	Left Back Kick 12:00, pivot	Front
17.	Step Forward Right into X-Block High	Front
18.	Double Knife Hand Rib Strike	Front
19.	Step Forward into Left Double Front Kick, leave leg up	Front
20.	Pivot Left into O/H High Block facing 9:00	Backset
21.	Retreating Right Side Sudo facing 9:00	Horse Ride
22.	Step Behind Right Side Kick	Horse Ride
23.	Step into Left Out to In Axe Kick	Fighting
24.	Step into Right Push Kick	Fighting
25.	Spinning Backfist, Reverse Punch with Kiai facing 3:00	Fighting
26.	Right Jump Front Kick	Fighting
27.	Fade In Right Hook Kick; leave leg up	Fighting
28.	Fade In Right Round House Kick; leave leg up	Fighting
29.	Fade In Right Side Kick	Fighting
30.	Left Out-to-In Crescent Kick	Fighting
31.	Right Jump Reverse Heel Kick; leave leg up; Land Facing 6:00 in Cat Stance	Fighting / Cat
32.	Right Fade Out Front Kick	Cat
33.	Right Fade Out Front Kick	Cat
34.	Right Back Kick to 12:00	Front
35.	Turn and Set; Left In-to-Out Sweep Kick	Front
36.	Right Out-to-In Axe Kick; land in Horse Ride Stance	Front / Horse Ride
37.	Turn and Set; Right Side Punch	Horse Ride
38.	Step behind into Right Inverted Supported Backfist	Cross
39.	Left Tornado Kick to 6:00 – “Air Jaws Attack!”	Fighting
40.	Driving Left Back Kick to 12:00; Turn and Set; Ready, Attention, Bow	Front