



Big Dolphins

White Belt to Orange/white Belt

Tip Test

Please demonstrate the following techniques

At Ease Stance

Attention Stance

Bow

Choombi (ready) Stance (catch the 'bowling ball')

Horse Riding Stance (knees bent properly)

Guarding Stance (Switching to both sides)

"Gumon" (finish) - move back to **Choombi Stance**

Tip: If you are unsure of anything ask an instructor!