

# White Belt Form: Kamsah (Appreciation)



1. **Beginning Position**
- Cross hands making an "X" at the wrists, chin level.



2. **Left Fold**
- Left hand touches the neck with index finger.
  - Right hand makes a fist touching the belt on the hip.



3. **Left Chop Block**
- Left hand chops. Palm outward, looking over fingertips. Wrist is straight and elbow bent.
  - Right hand comes up to chest.
  - Left foot steps out with heels nearly touching.



4. **Back Punch**
- Left hand comes back to protect face.
  - Right foot pivots for back punch.



5. **Right Fold**
- 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.



6. **Right Chop Block**
- Right hand chops. Palm outward, looking over fingertips. Wrist is straight and elbow bent.
  - Left hand comes up to chest.
  - Left foot steps out with heels nearly touching.



7. **Back Punch**
- Right hand comes back to protect face.
  - Left foot pivots for back punch.



8. **End Position**
- Bring feet together, right to left.
  - Cross hands making an "X" at the wrists, chin level.



9. **Chario Position**
- Hands to the side.



10. **Appreciation Bow**
- Bow for 3 seconds saying, "Thank you, sir/ma'am."