



White Belt Adult Requirements:

Stances:

Attention Stance (Chariut)
Ready Stance (Joon Be)
Horse Riding Stance
Defensive Stance (Kicking Stance)
Front Stance

Hand Techniques:

Blocks:

High Block
Low Block
Inner Forearm Block
Outer Forearm Block

Strikes:

Face Poke
Palm Heel Strike
Body Punch
Face Punch

Kicks:

Stretching Kick/Straight Kick
Crescent Kick
Axe Kick
Roundhouse Kick
Front Kick
Groin Kick

Forms:

Ki Cho Hyung – Basic Pattern

Self Defense:

Direction 1-4

Foot Work:

Shuffle Up/Back
Step Up/Back
Forward Spin
Backward Spin

Other Skills:

No Contact Sparring
Moving Basics
Turning to the open belt side
How to Tie Your Belt

Korean Language and Related Trivia:

Uniform - Do Bok
Flag - Gook Gi
Tae Kwon Do School- Do Jang
Bow - Gyung Neh
Attention- Chariut
Instructor – Sah Buhm Nim
Meaning of Pil-Sung
English Translation of Tae Kwon Do
Where Tae Kwon Do is From?
Why We Kihap?
What is a Stance?
Why do We Bow?
Why Do We Start at White Belt and Go to Darker Colors?