



PARK'S WORLD TAE KWON DO

217 E. PARK AVE LONG BEACH

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WHITE BELT REQUIREMENTS

<White belt to Yellow belt>

- 1. BASIC STANCES**
- 2. TEN BASIC MOTIONS-**
(English and Korean version)
- 3. FORWARD HANDS TECHNIQUE**
- 4. BOUNCE TAE KWON DO PUNCHES**
- 5. BOUNCE TAE KWON DO KICKS**
- 6. FORWARD KICKING COMBINATION**
- 7. SELF-DEFENSE -**
(high, outer, low, double chest block, and punch)
- 8. FORM –**
Kam sa hyung
- 9. BREAKING - Hammer fist**
- 10. THE 5 PILLARS OF TAE KWON DO**
- 11. TERMINOLOGY TEST – Please flip over**
- 12. PROMOTION QUALIFICATION-**
 - 1) 2 – 2 ½ months & up to 12 classes**
 - 2) Instructor's approval**

WHITE BELT EDUCATION GUIDE

1. BELT MEANING

-The student is humble and pure in mind.

The student has very little experience or knowledge in martial arts.

2. TERMINOLOGY

| <u>ENGLISH</u> | <u>KOREAN</u> | <u>COUNTING</u> | |
|----------------|----------------|-----------------|----------|
| Lower Block | Ah re mak gi | 1- Hana | 6- Yasot |
| Inner Block | Ahn mak gi | 2- Dul | 7- Ilgub |
| Outer Block | Bah got mak gi | 3- Set | 8- Yodol |
| High Block | Eol gul mak gi | 4- Net | 9- Ahob |
| | | 5- Dasot | 10- Yol |

3. What martial art style are you studying and from what country is it?

-I am studying Tae Kwon Do and it originated in Korea.

4.

THE 5 PILLARS OF TAE KWON DO

RESPECT

HUMILITY

PERSERVERENCE

SELF CONTROL

HONESTY.....SIR