WHITE BELT
(Test White to Yellow)

Physical Requirements:
1) ATTENDANCE
   A) Minimum of 12 classes

2) HAND TECHNIQUES
   A) High block
   B) Inside middle block
   C) Low block
   D) Middle punch

3) KICKS
   A) Rising kick
   B) Front kick
   C) Roundhouse kick
   D) Side kick

4) KICKING SEQUENCES
   A) Roundhouse kick, rising kick
   B) Front kick, roundhouse kick, side kick

5) STANCES
   A) Attention stance
   B) Ready stance
   C) Shoulder stance
   D) Fighting stance
   E) Horse riding stance
   F) Front stance
   G) Listening stance (Children Only)
   H) “Kick me” stance (should never be used)

6) FORM
   A) Oren Saju Jirugi
   B) Wen Saju Jirugi (Adults Only)

7) SELF-DEFENSE
   Know the four areas of the body, from the neck up, that are most susceptible to strikes and pressure.
   A) Eyes
   B) Ears
   C) Nose
   D) Throat
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Mental Requirements:
1) WHAT IS TAEKWONDO?
   • Taekwondo is a Korean martial art, which originated about 2000 years ago. “Tae” means
techniques of the foot – kicking and jumping. “Kwon” means the techniques of the hand
– punches, strikes, and blocks. “Do” means the art and manner of life. SIR/MA’AM!

2) WHY DO YOU BOW?
   • We bow to show respect. SIR/MA’AM!

3) WHEN DO YOU BOW?
   • We bow when we enter/exit the school
   • We bow when we enter/exit the Dojang (training area)
   • We bow to the Masters
   • We bow to the Instructors
   • We bow to all other black belts and our fellow students

4) WHAT IS THE MEANING OF THE WHITE BELT?
   • The white belt signifies purity, no knowledge of Taekwondo. SIR/MA’AM!

5) COUNT FROM 1 TO 5 IN KOREAN
   • One – Hana
   • Two – Dule
   • Three – Set
   • Four – Net
   • Five – Dasot

6) TENETS OF TAEKWONDO AND THEIR MEANING
   • Courtesy – Be nice to others and treat them with respect.
   • Integrity – Do not lie and treat others fairly.
   • Perseverance – Never give up.
   • Indomitable spirit – Keep a positive attitude.
   • Self-control – Control your thoughts, words, and actions.

7) KOREAN TERMINOLOGY
   • Rising kick – Podo Oligui
   • Front snap kick – Ap Chaggie
   • Roundhouse kick – Pique Chaggie
   • Side kick – Yop Chaggie
   • Fighting Stance – Gyorugy Jazae
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Mental Requirements Continued:
8) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
   • Rising kick – Back of the heel
   • Front snap kick – Ball
   • Roundhouse kick – Instep (top)
   • Side kick – Bottom of the heel

9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT
   THE CURRENT LIFE SKILL CONCEPT. (Children only)