

WHITE BELT*(Testing 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)