

# JUNIOR WHITE BELT

# CURRICULUM

ATTENDANCE: CLEANLINESS: CONCENTRATION: PATIENCE: SELF CONTROL: SELF CONFIDENCE:  
CONTROL OF DISTANCE: CONTROL OF POWER: CONTROL OF SPEED: POWER: SPEED: TIMING:  
ATTITUDE: ENDURANCE: FLEXIBILITY: POSTURE: BREATH CONTROL: BALANCE: MEDITATION:

## **BLOCKS AND STRIKES:**

LOW BLOCK

PUNCH

INWARD BLOCK

INNERFORARM BLOCK

OUTWARD MIDDLE BLOCK

RISING BLOCK

CHAIN ALL BLOCKS AND STRIKES

## **STANCES:**

CLOSED STANCE

READY STANCE

HORSE STANCE

FRONT STANCE

BACK STANCE

## **STEPPING DRILLS**

SIX POINT OUTSTEPPING

SIMPLE STEPPING

SIMPLE STEPPING WITH BLOCKS AND STRIKES

## **KICKS:**

RISING KICK

SNAP KICK

STANDING SIDE KICK

STRETCHING SIDE KICK

## ***PRACTICE DRILLS:***

ONE STEP RISING KICK

ALTERNATING RISING KICK

ONE STEP SNAP KICK

ALTERNATING SNAP KICK

CHAIN KICKS

## **BASIC KNOWLEDGE:**

NAME STYLE OF TAE KWON DO, YOU ARE LEARNING AND GIVE ITS HISTORY :

ASSOCIATION CREED:

TENETS OF TAE KWON DO

PROMISE

TAE KWON DO CODE

**PLEASE PRESENT TESTING FEE UPON SCHEDULED TEST DATE**

Central Canada Martial Arts Association Is Founded By Grand Master Gary Powell. All Content Is Owned By Central Canada Martial Arts Association. If You Wish To Learn Powell's Personal Combat System Or Other Martial Arts Taught By Central Canada Martial Arts Association Or It's Instructors

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