WHITE TIGER  MARTIAL ARTS

White Belt

Requirements:
16 class credits
Stripes: Yellow, Black and Green (Children 13 and under)

Techniques:
Form: Beck-Ho Poom-Sae #1
Kicking: Front-snap Kick  Ax kick
Self-Defense

Vocabulary: all answers must be followed with "sir"
Master: Sah-Bum-Nim
How are you master: Ahn-young ha sae yo, sah-bum-nim
Goodbye Master: Ahn-young hee gae sae yo, sah-bum-nim

Knowledge:
Meaning of White Belt?
White belt signifies a birth, or beginning of a seed. A White belt student is a beginner seeking knowledge to grow in the Art.

Counting Numbers:

Home Rules: Age 13 & under
Numbers 1-4