

# 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:**

- |           |            |           |           |           |
|-----------|------------|-----------|-----------|-----------|
| 1. Ha-nah | 2. Dool    | 3. Set    | 4. Net    | 5. Da-sut |
| 6. Yu-sut | 7. Eel-gop | 8. Yu-dul | 9. Ah-hop | 10. Yul   |

**Home Rules:** Age 13 & under

Numbers 1-4