

WHITE BELT WHAT'S ON THE TEST:

PATTERN: Chon-Ji is the white belt pattern you need to learn to be ready to take your test to earn your next belt = Yellow Belt. This will be your 1st promotion on your way to earning your Black Belt. This is an extra resource.

Very Simple Instructions – First 8 moves of Chon-Ji Pattern –

<https://www.youtube.com/watch?v=WKFti2eGE48>

Very Simple Instructions – All 19 moves of Chon-Ji Pattern –

https://www.youtube.com/watch?v=IGCp1a_Qg7Y

Chon-Ji Pattern with instruction (very detailed)

<https://www.youtube.com/watch?v=eMNdisSfPRg>

Chon-Ji Pattern Regular Speed – https://www.youtube.com/watch?v=h_hgs2Oez30

Espanol: Patron de Cinturon Blanco <https://www.youtube.com/watch?v=UB34voKlw8M>

TERMINOLOGY: Just do your best. Each test you have the opportunity to show your ability to memorize. Numbers, aims & pledge will be asked every test. The definition changes with each new belt. The 8.5x11 below is Printable. The other links audio.

PRINT Terminology 8.5x11 in color - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04_TERMINOLOGY_ChosStudySheet.pdf?ver=1781635565058

Definition of Chon-Ji – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/1_Chon-Ji%20Saying.mp3?ver=1750877246224

Numbers 1-10 in Korean - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1771885550839>

Espanol: Numeros en Coreano – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1771885550839

Aims to Achieve – <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>

KICKING COMBINATIONS: These videos are not just for young students. They are helpful for students of all ages.

1) Roundhouse Kick-Side Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=DfDjM7Bsalo>

2) Roundhouse Kick-Turn RH Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=W1W0JXxBHv4>

3) Roundhouse-Jumping RH Kick-Reverse Punch Combination:

<https://youtu.be/edSJ2v-0gLU>

ONE STEP SPARRING (1-5): Begin learning these self-defense techniques. It will take younger students much longer to learn (no worries). https://www.youtube.com/watch?v=frNkJ5xi_Ps

IMPORTANT BASICS TO PRACTICE ALWAYS:

These are videos that can be watched at any time to improve learning.

HOW TO TIE A BELT:

<https://www.youtube.com/watch?v=ue28L9Afd-U&list=PLF48C4DF9175DA127&index=20>

BASICS STANCES REVEIWD : https://www.youtube.com/watch?v=2n_lyCKFh6o

BASICS KICKING FOOT PLACEMENT: <https://www.youtube.com/watch?v=99Urbx2kK0A>

BASICS CHAMBERING FOR STRENGTH AND POWER:

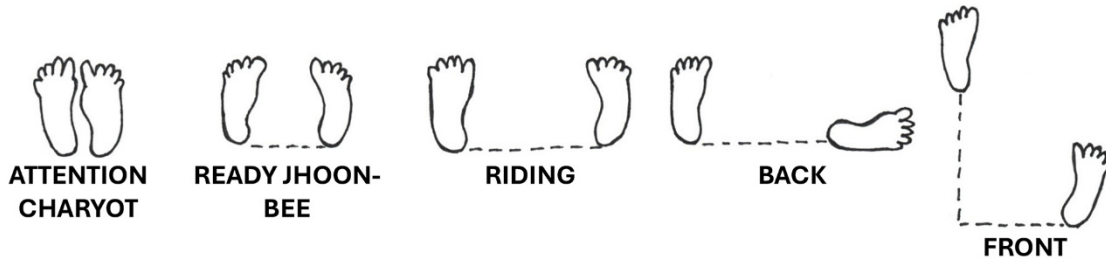
<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

Bonus on Next Page - White Belt Poster

White Belt Basics

STANCES

ALL SKILL IS BUILT ON THE FOUNDATION OF EXCELLENT STANCES.



KICKS

LEARN CORRECT FORM. PRACTICE BOTH LEGS.

LEARN VARIATIONS AS YOU CONTINUE TO PRACTICE.

*ROUNDHOUSE KICK *STEP-BEHIND SIDE KICK

STRIKES/BLOCKS

LEARN CHAMBERING. PRACTICE CHAMBERING.

*LUNGE PUNCH *REVERSE PUNCH *DOWN BLOCK
*INNER(FOREARM) BLOCK

KICKING COMBINATIONS

*ROUNDHOUSE (RH) – SIDE KICK – REVERSE PUNCH *RH–
TURN AROUND ROUNDHOUSE – REVERSE PUNCH *RH –
JUMPING ROUNDHOUSE – REVERSE PUNCH

1 STEP SPARRING *BEGIN LEARNING 1 – 5

TERMINOLOGY

*1 - 10 (IN KOREAN) *AIMS TO ACHIEVE *TKD PLEDGE *DEFINITION OF
CHON-JI (WHITE BELT)