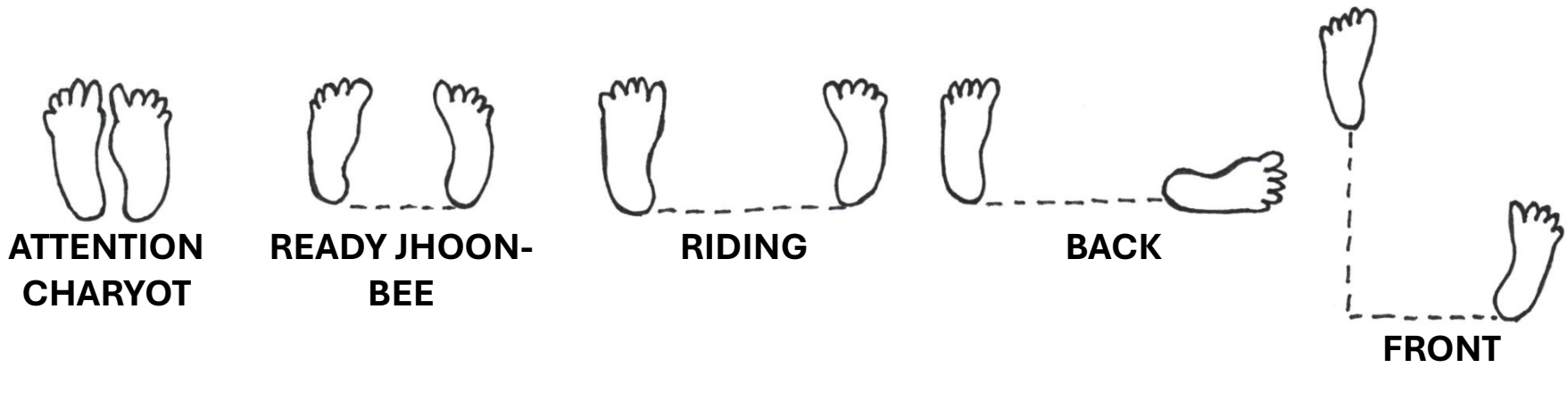
White Belt Basics

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)