

# **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 1<sup>st</sup> promotion on your way to earning your Black Belt. See which video helps you most.

Pattern Simple: 1st 8 moves- <https://www.youtube.com/watch?v=WKFti2eGE48>

Pattern Simple: 19 moves of Pattern-[https://www.youtube.com/watch?v=IGCp1a\\_Qg7Y](https://www.youtube.com/watch?v=IGCp1a_Qg7Y)

Pattern with detailed instruction: <https://www.youtube.com/watch?v=eMNdisSfPRg>

Pattern Regular Speed- [https://www.youtube.com/watch?v=h\\_hgs2Oez30](https://www.youtube.com/watch?v=h_hgs2Oez30)

**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 (or meaning) of each pattern changes with each new belt.

TKD Terminology Sheet- 8.5x11-Color: [https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04\\_TERMINOLOGY\\_ChosStudySheet.pdf?ver=1769807577391](https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04_TERMINOLOGY_ChosStudySheet.pdf?ver=1769807577391)

Definition – [https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/1\\_Chon-Ji%20Saying.mp3?ver=1750877246224](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=1769901042809>

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](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 REVIEWED :** [https://www.youtube.com/watch?v=2n\\_lyCKFh6o](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>