

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. 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

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

Pattern Regular Speed- 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

Definition – 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

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

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>