

MARTIAL ARTS USA

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WHITE BELT Dragons and Teen/Adult REQUIREMENTS

FORMS:

1. KIBON I HYUNG
2. KIBON SAM HYUNG

ONE STEPS:

1-3

SELF DEFENSE:

NVP- Choice Speech
Combat Stance
Palm strikes/Spear Tactic

KICKS:

Up Chagi-Front Snap Kick
Dolyo-Chagi - Round House Kick
Yup Chagi- Side Kick
Crescent Kick (out-to-in/in to out)

STANCES:

Attention Stance
Ready Stance (Junbi)
Front Stance
Back Stance
Horse Stance

TERMINOLOGY:

Counting in Korean 1-10

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|-----------|----------|
| 1. Hana | 2. Dul |
| 3. Set | 4. Net |
| 5. Tatsyt | 6. Yusut |
| 7. Ilgop | 8. Yudul |
| 9. Ahop | 10. Yul |

Tae kwond do - Means foot fist way

Basic Traditional TKD blocks:

Hadan Maki- Down block
Pakuro maki- In to out out block
Anuro Maki- Out to In block
Sangdan Maki-High block

FALLING TECHNIQUES:

(NAK BUP)
Falling Forward