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
1. Hana 2. Dul
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