WHITE BELT
LITTLE DRAGONS (4 & 6 YEARS OLD)

REQUIREMENTS

FORM:
Star blocks:
1. Standing in a horse stance
2. Blocks are done in this order with the left arm being used first: UP, IN, OUT, TOUCH, DOWN, BACK, PUSH DOWN
3. Repeat using right arm
4. Using both arms, you will do a double Punch Down towards the floor, instead of a double Push Down

SELF DEFENSE:
NVP & Choice speech
Palm strikes/Eye rakes

KICKS:
Up chagi - Front Snap Kick
Yup chagi - Slide up side Kick

STANCES:
Cha-ryeot-Attention stance
Kyroogi Jase- Sparring stance
Junbi- Ready stance
Kima Jase- Horse stance

TERMINOLOGY:
Counting in Korean 1-10
1. Hana 2. Dul
5. Tasut 6. Yasut
7. Ilgop 8. Yudul
9. Ahop 10. Yul

Focus- Eyes, Ears, Mind, and Body!