

# MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952



## WHITE BELT Dragons and Teen/Adult REQUIREMENTS

### FORMS:

#### Kibon I Hyung:

1. Turn left 90 degrees, front stance, low block with left hand
2. Step forward, front stance, **face punch under the nose** with right hand
3. Turn right 180 degrees, front stance, low block with right hand
4. Step forward, front stance, **face punch under the nose** with left hand
5. Turn left 90 degrees, front stance, low block with left hand
6. Step forward, front stance, high block with right hand
7. Step forward, front stance, high block with left hand
8. Step forward, front stance, high block with right hand and "KI YUP"
9. Turn left 270 degrees, front stance, low block with left hand
10. Step forward, front stance, **face punch under the nose** with right hand
11. Turn right 180 degrees front stance, low block with right hand
12. Step forward, front stance, **face punch under the nose** with left hand
13. Turn left 90 degrees, front stance, low block with left hand
14. Step forward, front stance, high block with right hand
15. Step forward, front stance, high block with left hand
16. Step forward, front stance, high block with right hand and "KI YUP"
17. Turn left 270 degrees, front stance, low block with left hand
18. Step forward, front stance, **face punch under the nose**, with right hand
19. Turn right 180 degrees, front stance, low block with right hand
20. Step forward, front stance, **face punch under the nose** with left hand

#### Kibon Sam Hyung:

1. Turn left 90 degrees, back stance, into out block with left hand
2. Step forward, front stance, **stomach punch** with right hand
3. Turn right 180 degrees, back stance, into out block with right hand
4. Step forward, front stance, **stomach punch** with left hand
5. Turn left 90 degrees, front stance, low block with left hand
6. Step forward, side horse stance, **stomach punch** with right hand
7. Step forward, side horse stance, **stomach punch** with left hand
8. Step forward, side horse stance, **stomach punch** with right hand and "KI YUP"
9. Turn left 270 degrees, back stance, into out block with left hand
10. Step forward, front stance, **stomach punch** with right hand
11. Turn right 180 degrees, back stance, into out block with right hand
12. Step forward, front stance, **stomach punch** with left hand
13. Turn left 90 degrees, front stance, low block with left hand
14. Step forward, side horse stance, **stomach punch** with right hand
15. Step forward, side horse stance, **stomach punch** with left hand
16. Step forward, side horse stance, **stomach punch** with right hand and "KI YUP"
17. Turn left 270 degrees, back stance, into out block with left hand
18. Step forward, front stance, **stomach punch** with right hand
19. Turn right 180 degrees, back stance, into out block with right hand
20. Step forward, front stance, **stomach punch** with left hand

## **ONE STEPS:**

**1-3**

### **SELF DEFENSE:**

NVP- Choice Speech  
Combat Stance  
Palm strikes/Spear Tactic

### **STANCES:**

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

### **KICKS:**

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

### **TERMINOLOGY:**

Counting in Korean 1-10

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

**Tae kwon 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