

## WHITE BELT REQUIREMENTS

### MINIMUM REQUIREMENTS

4 Weeks and 8 classes

### NEW TECHNIQUES

Ready Stance  
Front Stance  
Side Stance  
Outward Block  
Inward Block  
Low Block  
Front Kick (front leg)  
Front Punch  
Rear Punch

### PATTERN: TAE UM IL JUL

(Ready Stance to Front Stance) Outward Block, Rear Punch (Hold Front Stance position)  
Begin in ready stance. Step back into Front Stance. Ki-Hap on first and last move. When commanded, move rear foot forward returning to ready stance.

### COMBINATION

(Front Stance) Outward Block, Rear Punch

### DEFENSE DRILL

Movement: Straight Line (concentrate on proper foot work)  
Attack: Move forward and attack with punches only (*no contact*)  
Defense: Move back, keep hands up, and focus eyes on partner (*no blocking*)

### AIR SHIELD

Stationary Air Shield Attack using Single Basic Techniques

### POWER TEST

Rear Punch