

## **WHITE BELT SENIOR REQUIREMENTS**

### MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

### NEW EQUIPMENT REQUIRED

Hand Pads for Defense Drill  
Set of 5 patches for uniform

### NEW TECHNIQUES

Front Kick (rear leg)  
Side Fist Strike

### PATTERN: TAE UM IL JANG

(Ready Stance to Front Stance) Outward Block, Rear Punch  
Last Direction: Add Front Punch

Turning is performed by pivoting on both feet 90 degrees and stepping straight back with the new front foot. Turn towards the left during the Right Side and turn towards the right during Left Side.

### COMBINATION

(Front Stance) Outward Block, Rear Punch, Front Punch

### DEFENSE DRILL

Movement: Stationary  
Attack: Exchange Ki Haps and then attack with hand techniques only  
Defense: Block techniques

### AIR SHIELD

Stationary Air Shield Attack

### POWER TEST

Front Punch

### CLOSE RANGE (ADULT ONLY)

Inside wrist release, outside wrist release, two hands on one arm wrist release, both hands held wrist release.