

WARRIOR CODE

TAEKWONDO ACADEMY

Study & Prep Guide for the



WHITE BELT LEVEL

10th Kup

HERE IS THE SUMMARY

Training Time:	3-Months
Number of Stripes:	4-Stripes
Grading Fee:	\$75 per person

Next Stripe Test Opportunity: _____

Next Rank Test Opportunity: _____



STUDY GUIDE

Things to Memorize, Study and Understand

A. The Taekwon-Do Oath (Student Oath)

1. I shall observe the tenets of Taekwon-Do
2. I shall respect the instructors and seniors
3. I shall never misuse Taekwon-Do
4. I shall be a champion of freedom and justice
5. I shall build a more peaceful world

B. The Tenets of Taekwon-Do

Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit

The Taekwon-Do Oath and tenets are recited at the beginning of each class. It is important for the students to also learn the meaning of the tenets.

C. Who is the founder of Taekwon-Do?

The founder of Taekwon-Do is GENERAL CHOI HONG HI (November 9, 1918- June 14, 2002).

D. What is the birthday of Taekwon-Do?

Taekwon-Do was given its name on APRIL 11, 1955.

E. What does Taekwon-Do mean / stand for?

TAE - means foot for kicking, jumping, running. KWON - means hand or fist for punching, blocking, striking & DO - means the art, way or lifestyle.

The quick translation is "the way of the hand and foot". It is written this way (with a dash between the Taekwon & Do because it is designed to be an equation - balancing the physical with the mental, emotional and spiritual side of the martial art (not just a sport).



FUNDAMENTAL STRIPE

HAND FUNDAMENTALS

- Parallel Stance Middle Punch
- Walking Stance Middle Obverse Punch
- Walking Stance Low Forearm Block
- Walking Stance Low Knife-hand Block
- Walking Stance Middle Inner Forearm Block
- Walking Stance Middle Reverse Punch

FOOT FUNDAMENTALS

- Front Rising Kick
- Outward Crescent Kick
- Inward Crescent Kick
- Side Rising Kick
- Front Snap Kick

Fundamentals are important because they are the backbone of the physical aspect of the martial art.

In order to pass the fundamental stripe, the student must be able to perform every technique listed above. Please check

for updates on BAND (our communication app) for when Fundamentals will be practiced in the regular classes.

Please ensure that you have practiced all the techniques with one of our amazing team members.

PATTERNS / STEP SPARRING STRIPE

PATTERNS / FORMS

- SAJU JIRUGI (Four Direction Punch)
- 14-Movements (7-per side)
- SAJU MAKGI (Four Direction Block)
- 16-Movements (8-per side)

STEP SPARRING

- 3-Step Sparring #1
- 3-Step Sparring #2

Patterns and Step Sparring Stripe is about taking the attack and defense techniques you learned in Fundamentals and placing them into a "memorized" choreographed routine.

Patterns are a series of fundamental movements using attack and defense techniques in a fixed or logical sequence against imaginary opponents.

3-Step Sparring is the fundamental base of all sparring. The purpose is to teach and promote distance and timing to students.

In order to pass this stripe, the student must perform both sides of Saju Jirugi and Saju Makgi as well as show both the attack and defense sections of 3-step sparring #1 & #2.

SPARRING / SELF-DEFENSE STRIPE

SPARRING / SPARRING DRILLS

- Sparring Stance & Switch Stances
- Move Drill #1: Forward/Backward Stepping
- Combo: Front Snap Kick & 2-Punches

SELF-DEFENSE

- Straight Wrist Grab
- Cross Wrist Grab
- Front Breakfall (kneeling position)
- Back Breakfall (seated position)

The Sparring and Self-Defense Stripe takes the knowledge and training from the Fundamentals as well as the Patterns & Step Sparring Stripe and tests the practical application and skills of the student.

Sparring is the application of attack and defense techniques gained from Fundamentals and Patterns against actual moving opponent or opponents under various situations. In this unit we will be teaching you some movements (positioning) as well as some combinations.

Self-Defense is the overall goal from the physical aspect of Taekwon-Do. In the white belt unit you will be only learning some basic skills - which include learning how to fall while lower the risk of injury.



Name of Student: _____ Date: _____

Homework Assignment - Part 1: Multiple Choice Test
(For the Homework / Knowledge Stripe)

1. Which is the correct weight distribution for Walking Stance?

- a) There should be more weight on the front leg
- b) There should be equal weight on both legs
- c) There should be more weight on the rear leg (back leg)

Your answer? _____

2. What is the position of the fists / hands in the Attention Stance?

- a) The Palms of the hands are completely facing backward
- b) The Palms of the hands are completely facing forward
- c) The Palms of the hands are facing inside towards your leg

Your answer? _____

3. What is the first part of the bow-in procedure (beginning of class)?

- a) Bow to the highest level in the class (highest level student in class)
- b) Bow to the Instructor (person leading the class)
- c) Salute the Founder of Taekwon-Do
- d) Bow / Salute to the Assistant Instructor (person helping the instructor teach class)

Your answer? _____

4. Which of the following kicks are used for striking with the ball of the foot?

- a) Front Rising Kick
- b) Side Rising Kick
- c) Front Snap Kick
- d) Outward Crescent Kick

Your answer? _____

5. True or False - a Middle Punch in Parallel Stance or Walking Stance is performed to the chest line of the body

- a) True
- b) False

Your answer? _____



Homework Assignment - Part 1: Multiple Choice Test cont.
(Homework / Knowledge Stripe)

6. What is the correct in the properties of Walking Stance?

- a) Walking Stance is for moving forwards
- b) Walking Stance is for moving backwards
- c) Walking Stance is for moving forwards & backwards
- d) Walking Stance is for moving forwards, backwards and sideways

Your answer? _____

7. What is the shoulder position in Attention Stance?

- a) The shoulders should be full facing forward
- b) The shoulders should be half facing forward
- c) The shoulders should be side facing
- d) The shoulders can be both full facing and half facing
- e) The shoulders can be full facing, half facing and side facing

Your answer? _____

8. What is the first part of the bowing-out procedure (end of class)?

- a) Bow to the highest level in the class
- b) Bow to the instructor
- c) Salute the founder of Taekwon-Do
- d) Salute the flag

Your answer? _____

9. Which kick is performed to the front and finishes above the eye level?

- a) Front Rising Kick
- b) Side Rising Kick
- c) Front Snap Kick
- d) Outward Crescent Kick

Your answer? _____

10. True or False - all the blocks that you learned at white belt are performed in full facing position (both shoulders face the opponent).

- a) True
- b) False

Your answer? _____



**Homework Assignment - Part 2: Written Answers
(Homework / Knowledge Stripe)**

1. Name two blocks that you learned as a white belt (2-points)

a) _____

b) _____

2. How many movements are performed in: (2-points)

a) Four Direction Punch (total) _____

b) Four Direction Block (total) _____

3. What are the Tenets of Taekwon-Do? (5-points)

4. Who is the principal founder of Taekwon-Do? (1-point)

5. What is the birthday of Taekwon-Do? (1-point)

6. What is the meaning of Taekwon-Do? (3-points)

TAE _____ KWON _____ DO _____

7. What do we say when we bow/salute a person in the Dojang? (1-point)



**Homework Assignment - Part 2: Written Answers cont.
(Homework Stripe / Knowledge Stripe)**

8. Name two stances that you used for punching (2-points)

a) _____

b) _____

9. What are the counter attacks in: (2-points)

a) Three Step Sparring #1 _____

b) Three Step Sparring #2 _____

10. What are the Three Moral Character traits that Warrior Code was founded on? (3-points)

11. Where was Taekwon-Do originally founded (which country)? (1-point)

12. What do we say at the end of class when we dismiss / finish the class? (1-point)

13. What is the meaning of White Belt? (3-point)

MULTIPLE CHOICE GRADE: _____/10

TOTAL SCORE: _____/37

WRITTEN SECTION GRADE: _____/27

This test was marked by: _____ Date: _____



PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
3 Minutes of non stop Jogging (around the Dojang)				
10 Push Ups (without interruption or stopping)				
10 Sit Ups (without interruption or stopping)				
10 Squats / Deep knee bends (without interruption)				
10 Speed Front Snap Kicks (Right & Left Leg)				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Parallel Stance Middle Punch				
Walking Stance Middle Punch				
Walking Stance Low Forearm Block				
Walking Stance Low Knife-hand Block				
Walking Stance Middle Inner Forearm Block				
Walking Stance Middle Reverse Punch				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Front Rising Kick				
Outward Crescent Kick				
Inward Crescent Kick				
Side Rising Kick				
Front Snap Kick				
PATTERNS / FORMS	GREAT	PASS	REDO	COMMENTS
Saju Jirugi (Four Direction Punch)				
Saju Makgi (Four Direction Block)				
SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step Sparring #1				
3-Step Sparring #2				
Sparring Stance, Bouncing & Switching				
Moving Drill #1 - Single Step Forward / Backward				
Sparring Combo - 2-punches & Front Snap Kick				
SELF-DEFENSE / SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS
Release from a Straight Wrist Grab				
Release from a Cross Wrist Grab				
Front Break Fall - from a kneeling position				
Back Break Fall - from a squatting position				
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
Recite the Taekwon-Do Oath & Tenets of Taekwon-Do				
Who is the Founder of Taekwon-Do?				
What is the Birthday of Taekwon-Do?				