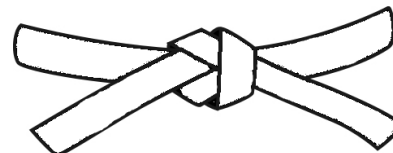


WARRIOR CODE TAEKWON-DO ACADEMY



The White Belt

WHITE BELT STUDY SHEET

Each student should be training at this level for approximately 6 to 8 weeks. The amount of time needed to advance depends on three things:

- 1) The ability to understand and properly perform the movements, exercises or techniques
- 2) The number of training sessions attended over the time period
- 3) If the instructor believes you are ready and grants permission for you to attend the testing

We recommend each student to train at least 2 times per week with a maximum of 4 times a week. The Promotion Testing to achieve the next level is comprised of three parts:

- A) The Written Test
- B) The Physical Test
- C) The Technical Test

There is a fee of \$40 for this Promotion Test

FUNDAMENTAL MOVEMENTS:

Stances:

Attention Stance	(heels together, toes pointed outward 45°, fists at the side – elbows slightly bent)
Parallel Stance	(feet one shoulder width apart, toes pointing forward)
Parallel Ready Stance	(same foot position with fists placed 5cm apart in front of belt knot)
Walking Stance	(1.5 Shoulder width length / 1.0 shoulder width apart, rear foot angled 25° outward)
Walking Ready Stance	(same foot position with arms positioned like in attention stance)

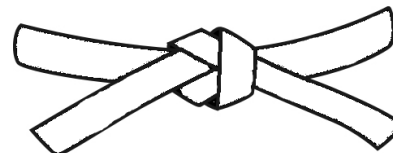
Hand Movements:

Parallel Stance Middle Punch	(punching to the center line & height of the shoulders – full facing)
Walking Stance Middle Obverse Punch	(punching to the center line & height of the shoulders – full facing)
Walking Stance Low Forearm Block	(arm is bent 25° and the forearm is 20 cm from the top of the thigh)
Walking Stance Low Knife-hand Block	(arm is bent 15° and the palm is 10 cm from the top of the thigh)
Walking Stance Middle Inner Forearm Block	(knuckles line up on the shoulder level – body half facing)
Walking Stance Middle Reverse Punch	(punching to the center line & height of the shoulders – full facing)

Foot Techniques:

Front Rising Kick	(ball of the kicking foot reaches above eye level - leg straight body full facing)
Outward Crescent Kick	(outside soul of the kicking foot reaches shoulder level - body full facing)
Inward Crescent Kick	(inside soul of the kicking foot reaches shoulder level - body full facing)
Side Rising Kick	(foot sword of the kicking foot reaches above eye level - leg straight body side facing)
Front Snap Kick	(ball of the kicking foot to lower abdomen/solar plexus in a snap motion – full facing)

WARRIOR CODE TAEKWON-DO ACADEMY



The White Belt

PATTERN REQUIREMENTS:

Patterns / Pattern Exercises:

- Saju Jirugi (Four Direction Punch – 14 movements total / 7 movements per side)
Saju Makgi (Four Direction Block – 16 movements total / 8 movements per side)

SPARRING REQUIREMENTS:

Step Sparring:

- 3-Step Sparring #1 (Attack with Middle Obverse Punch / Defend with Middle Inner Forearm Block)
3-Step Sparring #2 (Attack with Low Front Snap Kick / Defend with Low Forearm Block)

Sparring Drills / Sparring Exercises:

- Sparring Stance & Switch (create a comfortable sparring stance & practice switching legs quickly)
Switching Front Snap Kick (Perform a front snap kick with rear leg while switching stances)
2-Punches & Front Snap Kick (combo of 2 punches -front hand & rear hand then a rear leg front snap kick)

SELF-DEFENSE REQUIREMENTS:

Self-Defense Requirements:

- Front Break fall (performed from kneeling position – landing on the forearms and palms)
Back Break fall (performed from squatting position – roll back, striking the palms to the mat)
Wrist Releases (must learn cross grab & straight grab releases)

Oral Test Questions:

- The meaning of Taekwon-Do? (“Tae” means foot, “kwon” means hand or fist, “do” means art or “the way”)
The birthday of Taekwon-Do? (April 11, 1955)
The Founder of Taekwon-Do? (General Choi Hong Hi)
Student Oath of Taekwon-Do? (see below)
Tenets of Taekwon-Do? (see below)

The Student Oath

I shall observe the tenets of Taekwon-Do
Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit
I shall respect my instructors and seniors
I shall never misuse Taekwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world