

WHITE BELT CURRICULUM



BLUE STRIPES

THE PHYSICAL TEST

Running 6 Laps around the big ring
17- Jumping Jacks
6 - Proper Push ups (from belly on floor)
6 - Proper Sit Ups (instructor holds ankles)
6 - Proper Squats

THE TECHNICAL TEST

Four Direction Punch - 1st 3 moves (both sides)
Four Direction Block - 1st 3 moves (both sides)
Three Step Sparring #1
Sparring Combo - 2 Punches & Front Kick
** Kick is with the rear leg*

THE ORAL TEST

Taekwon-Do Oath #1
The Tenets of Taekwon-Do
Taekwon-Do Oath #2
Taekwon-Do Oath #3

RED STRIPES

THE PHYSICAL TEST

Running 7 Laps around the big ring
20- Jumping Jacks
7 - Proper Push ups (from belly on floor)
7 - Proper Sit Ups (instructor holds ankles)
7 - Proper Squats

THE TECHNICAL TEST

Four Direction Punch - 1st 5 moves (both sides)
Four Direction Block - 1st 6 moves (both sides)
Three Step Sparring #2
Sparring Combo - Front Kick & 2-Punches
** Kick is with the front leg*

THE ORAL TEST

Taekwon-Do Oath #1
The Tenets of Taekwon-Do
Taekwon-Do Oath #2
Taekwon-Do Oath #3
Taekwon-Do Oath #4

BLACK STRIPES

THE PHYSICAL TEST

Running 8 Laps around the big ring
25- Jumping Jacks
8 - Proper Push ups (from belly on floor)
8 - Proper Sit Ups (instructor holds ankles)
8 - Proper Squats

THE TECHNICAL TEST

All Fundamental Movements & Kicking Drills
Four Direction Punch & Block (both sides)
Three Step Sparring #1 & #2
Sparring Combinations
Self-Defense (wrist releasing)

THE ORAL TEST

The Taekwon-Do Oath
The Tenets of Taekwon-Do