

# WHITE BELT CURRICULUM



## WHITE BELT

### THE PHYSICAL TEST

Running 3 Laps around the big ring  
10- Jumping Jacks  
3 - Proper Push ups (from belly on floor)  
3 - Proper Sit Ups (instructor holds ankles)  
3 - Proper Squats

### THE TECHNICAL TEST

Parallel Stance Middle Punch  
Parallel Stance Low Forearm Block  
Walking Stance Middle Obverse Punch  
Walking Stance Low Forearm Block  
Front Rising Kick  
Side Rising Kick  
Listening Positions #1 - 4

### THE ORAL TEST

The Tenets of Taekwon-Do

## YELLOW STRIPES

### THE PHYSICAL TEST

Running 4 Laps around the big ring  
12- Jumping Jacks  
4 - Proper Push ups (from belly on floor)  
4 - Proper Sit Ups (instructor holds ankles)  
4 - Proper Squats

### THE TECHNICAL TEST

Parallel Stance Low Knife-hand Block  
Parallel Stance Middle Inner Forearm Block  
Walking Stance Low Knife-hand Block  
Walking Stance Middle Inner Forearm Block  
Outward Crescent Kick  
Inward Crescent Kick  
Release from a Straight Wrist Grab

### THE ORAL TEST

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

## GREEN STRIPES

### THE PHYSICAL TEST

Running 5 Laps around the big ring  
15- Jumping Jacks  
5 - Proper Push ups (from belly on floor)  
5 - Proper Sit Ups (instructor holds ankles)  
5 - Proper Squats

### THE TECHNICAL TEST

Four Direction Punch Combo (both sides)  
Four Direction Block Combo (both sides)  
Front Snap Kick  
Release from a Cross Grab

### THE ORAL TEST

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

\* Please note that students must also practice the material below their level (as they will also be tested on this)