

STRIPE TESTING GUIDE FOR  
WHITE BELT (10TH KUP) STUDENTS



**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.*