

Community Taekwondo Mighty Munchkins (MM) White Belt Stripe Progressions

	MM WHITE BELT	MM YELLOW BELT	MM GREEN BELT	MM BLUE BELT	MM RED & WHITE BELT
ORANGE	Modified Definitions ^(1.)	Modified Definitions ^(2.)	Modified Definitions ^(3.)	Modified Definitions ^(4.)	Completed Definitions
YELLOW	Choong-Ji 1-2	Choong-Ji 1-4	Choong-Ji 1-6	Choong-Ji 1-8	Choong-Ji 1-8
GREEN	Choong-Ji 1-4	Choong-Ji 1-6	Choong-Ji 1-8	Choong-Ji 1-14	Choong-Ji 9-19
BLUE	Walk Front Stance	Walk Front Stance w/High Block	Walk Front Stance w/High Block & Dbl Punch	Walk Front Stance w/Front Kick, High Block & Dbl Punch	Kicking Drills 1 & 2
RED	Good "T" (full rotation)	Advance Step Behind	Advance Step Behind w/Knife Hand Strike	Advance Step Behind w/Side Kick & Knife Hand Strike	Kicking Drills 2 & 3
BLACK	Song-Song 1-3	Song-Song 1-5	Song-Song 1-9	Song-Song 1-14	Song-Song 1-18

MODIFIED DEFINITIONS

1. Courtesy means "Be Nice"	1 plus: 2. White Belt means "Innocence" Song-Song means "Imagination"	1 & 2 plus: 3. Choong-Ji has 19 moves L foot Returns Song-Song has 30 moves R foot Returns	1, 2 & 3 plus: 4. Add to White Belt means "Innocence" as that of a beginning student Add to Song-Song means "Imagination" I must use my imagination to set goals	1,2,3 & 4 plus: Add to White Belt means "Innocence" who has no previous knowledge of TKD Add to Song-Song means "Imagination" to set my goals beyond current limitations
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FULL WHITE BELT DEFINITIONS

The white belt means innocence as that of a beginning student who has no previous knowledge of Taekwondo.

Song-Songs means imagination. I must use my imagination to set goals beyond my current limitations and visualize my achievements in advance.

Choong-Ji has 19 moves and the left foot returns.

Song-song has 30 moves and the right foot returns.