



White Belt

(Kids/Teen/Adult Minimum 7 classes)

(Mighty Might Minimum 12 classes)

Terms:

- Chariete - attention (Left foot moves)
- Kyung-ye - bow
- Sho - rest, eyes on teacher (Left foot moves)
- Dojang – training area
- Kiap – yell (hi-yah)

Form:

KAM-SA: Means appreciation.

Starting position: ‘Chariete’ (Attention stance)

1. Feet are together. Cross open hands with left hand on the inside.
2. Turn head to the left. Left hand moves to right ear, hand open, palm facing ear. Right hand becomes a fist and moves to the left hip, palm facing down.
3. Step with left foot pointing to the left, making an ‘L’ shape with your feet. Knife block with left hand. Right fist to right side of face.
4. Punch with right fist, pivoting on right foot. Left hand moves to left side of face.
5. Move left foot to right foot, putting feet together. Turn head to the right. Right hand moves to left ear, hand open, palm facing ear. Left hand becomes a fist and moves to the right hip, palm facing down.
6. As step 3, right hand blocks, left hand is fist.
7. As step 4, left hand punches, right hand to side of face.
8. Move right foot to left, putting feet together. Hands cross as step 1.
9. Hands open, and rest in ‘attention stance’.
10. Bow, “Thank you, Sir / Ma’am”.

Recite the Tae Kwon Do Oath:

- Members of Tae Kwon Do should have unity together.
- Members of Tae Kwon Do should respect each other.
- Members of Tae Kwon Do should obey all rules.

Basics: (Mighty Might not on test)

1. Prepare Stance
2. High Block – Front Arm, Back Arm
3. Low Palm Block – Front Arm, Back Arm
4. Side Palm Block – Front Arm, Back Arm
5. Front Punch
6. Back Punch