

## **WHITE BELT**

*(Testing White to Yellow)*

### **Physical Requirements:**

- 1) KICKS
  - A) Rising kick
  - B) Front kick
  - C) Roundhouse kick
  - D) Side kick
  
- 2) HAND TECHNIQUES
  - A) High block
  - B) Middle inner block
  - C) Low block
  - D) Middle punch
  
- 3) STANCES
  - A) Attention stance
  - B) Ready stance
  - C) Shoulder stance
  - D) Fighting stance
  - E) Horse riding stance
  - F) Front stance
  - G) Listening stance (Children Only)
  - H) "Kick me" stance (should never be used)
  
- 4) FORM
  - A) Oren Saju Jirugi
  - B) When Saju Jirugi (Adults Only)
  
- 5) SELF-DEFENSE (ADULTS ONLY)

Know the four areas of the body, from the neck up, that are most susceptible to strikes and pressure. Demonstrate via "Walk the Body" or be able to identify body parts and potential strikes orally.

  - A) Eyes
  - B) Ears
  - C) Nose
  - D) Throat

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### **Mental Requirements:**

- 1) WHAT IS TAEKWONDO?
  - Taekwondo is a Korean martial art, which originated about 2000 years ago. “Tae” means techniques of the foot – kicking and jumping. “Kwon” means the techniques of the hand – punches, strikes, and blocks. “Do” means the art and manner of life. SIR/MA'AM!
- 2) WHAT IS THE BOW?
  - The bow is an oriental form of greeting and a symbol of respect. SIR/MA'AM!
- 3) WHY DO YOU BOW?
  - We bow to show respect. SIR/MA'AM!
- 4) WHEN DO YOU BOW?
  - We bow when we enter/exit the school
  - We bow when we enter/exit the Dojang (training area)
  - We bow to the Masters
  - We bow to the Instructors
  - We bow to all other black belts and our fellow students
- 5) WHAT IS THE MEANING OF THE WHITE BELT?
  - The white belt signifies purity, no knowledge of Taekwondo. SIR/MA'AM!
- 6) COUNT FROM 1 TO 5 IN KOREAN
  - One – Hana
  - Two – Dule
  - Three – Set
  - Four – Net
  - Five – Dasot
- 7) TENETS OF TAEKWONDO AND THEIR MEANING
  - Courtesy – Be nice to others and treat them with respect.
  - Integrity – Do not lie and treat others fairly.
  - Perseverance – Never give up.
  - Indomitable spirit – Keep a positive attitude.
  - Self-control – Control your thoughts, words, and actions.
- 8) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
  - Rising kick – Back of the heel
  - Front snap kick – Ball
  - Roundhouse kick – Instep (top)
  - Side kick – Bottom of the heel
- 9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)