*White Belt

1) Kicks
   a) Front kick
   b) Roundhouse kick
   c) Side kick
2) Blocks
   a) High block
   b) Low block
   c) Middle block
3) Strikes
   a) Front punch
   b) Reverse punch
   c) Uppercut
   d) Hook punch
4) Stances
   a) Attention Stance
   b) Ready Stance
   c) Fighting Stance
   d) Front stance
5) Strength test - 5 push ups - good form
6) Board Breaking - front kick
7) Form - Oren Saju Jirugi (4 punches and 3 blocks)
   a) When Saju Chedigi (adults only)
8) Self Defense
   a) Wrist grabs - escapes and wrist locks

*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Form

8) What is Taekwondo?
    a) Taekwondo is the 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!
9) What is the Bow?
    a) The bow is an oriental form of greeting and a symbol of respect Sir/Ma'am!
10) Why do you bow?
    a) To Show respect Sir/Ma'am!
11) When do you bow?
    a) We bow when we enter and exit the Dojang (training area)
    b) We bow to the flags when we enter and exit the Dojang (training area)
    c) We bow to the Masters, Instructors, and all black belts anytime and anywhere we see them.
12) What is the meaning of the white belt?
    a) The white belt signifies purity, no knowledge of Taekwondo. Sir/Ma'am!
13) Count from 1 to 10 in Korean
    a) One - Hana
    b) Two - Dule
    c) Three - Set
    d) Four - Net
    e) Five - Dasot
    f) Six - Yosot
    g) Seven - Il gob
    h) Eight - Yo dul
    i) Nine - Ahop
    j) Ten - Yul
14) Tenets of Taekwondo and meanings
    a) Courtesy - be nice to others and treat them with respect
    b) Integrity - Do not lie and treat others fairly
    c) Perseverance - Never give up
    d) Indomitable spirit - Keep a positive attitude
    e) Self - control - Control your thoughts, words and actions

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