



WHITE BELT CURRICULUM

STUDENTS TESTING FOR THEIR HIGH WHITE BELT MUST KNOW ALL OF THE FOLLOWING:

WHITE: Innocence, a beginning student who has no previous knowledge of taekwondo.

Number System:

Ha-na	One
Tul	Two
Set	Three
Net	Four
Ta-sot	Five
Yo-set	Six
IL-gohp	Seven
Yo-dul	Eight
A-hoop	Nine
Yuhl	Ten
Se-mul	Twenty

WHITE BELT FORMS:

- Upper Block
- Lower Block
- Inner Block
- Outer Block
- Front Stance
- Walking Stance
- Horseback Riding Stance

REQUIRED TECHNIQUES:

- Front Kick
- Roundhouse Kick
- Side Kick
- Jab Punch
- Cross Punch
- Two Step
- Axe Kick
- Two- Step forward and back

COMBINATIONS:

- Jab, cross, back leg roundhouse kick
- Jab, cross, front kick, roundhouse kick
- Jab, cross, back leg axe kick

SPARRING TECHNIQUE:

- #1 Two step in jab-cross, back leg roundhouse

BOARD BREAK:

- Back Leg Side Kick