

WHITE BELT CURRICULUM

The lack of color signifies purity and innocence. The novice has no knowledge of Tae Kwon Do

STRIPES	MEANING	CURRICULUM
RED	SPARRING	slide up front kick - jab / cross
WHITE	SELF DEFENSE	strong stance / hands / strong voice / eyes / 360 degree self defense with pads
BLUE	BASICS FORM #1	see below
BLACK	KICKS	Front Kick / Slide up side kick / Ax kick / Round BREAK with a slide up side Kick
GOLD	PAD DRILL	Jab / Cross / Hook / Cross
GREEN	HOME HELP	One thing you need to see at home as a parent & 10 pushups & 10 sit ups
BROWN	VERBAL JUDO	Mushin & Who do you represent?

BASIC FORM #1

1. Left front stance – low block, outside block, high block, inside block
2. Ready position (joon bi)
3. Right front stance – low block, outside block, high block, inside block
4. Ready position
5. Right Back Stance - knife hand guarding, knife hand strike
6. Ready position
7. Left Back stance – Knife hand guarding, Knife hand Strike
8. Ready position
9. Step L into Horse stance – 3 slow motion punches (LRL) / 1 Fast / 2 fast / 3 fast - Kihap

TERMINOLOGY

Taekwondo means - The way (art) of hand and foot fighting.

Attention - Charyut ("Chari-yut")

Bow - Kyungnet

Ready - Joon Bi

Begin - Sijak

Taekwondo School/Studio - Dojang

Yell - Kihap ("Kee-yah-p")

<i>hanah</i>	1	<i>yasot</i>	6
<i>dool</i>	2	<i>ilgop</i>	7
<i>set</i>	3	<i>yadol</i>	8
<i>net</i>	4	<i>ahop</i>	9
<i>dasot</i>	5	<i>yool</i>	10

NEEDED TO BELT TESTS

12 classes

14 stripes

must perform above stripes without assistance

Belt fee

Letter of Recommendation