

# **KIDS' BELT TEST REQUIREMENTS**

## **Little Dragons' White Belt (Ages 4-6)**

1. FORM: The White Belt Form (4 Punches & 4 Blocks)
2. BASIC STANCES & HAND TECHNIQUES:
  - A) Stances:
    - Attention Stance
    - Ready Position
    - Shoulder Stance
    - Kicking Stance
    - Horse Stance
    - Front Stance
  - B) Blocks:
    - Down Block
    - Middle Inner Block
    - High Block
  - C) Punches:
    - Middle Punch
    - High Punch
3. KICKS: Kicking Position (Front Stance with Arms Open)
  - A) Front Kick
  - B) Side Kick
  - C) Rising Kick
4. QUESTIONS:
  - A) Tenets of Taekwondo:
    - Courtesy
    - Integrity
    - Perseverance
    - Indomitable Spirit
    - Self Control
  - B) Count 1-5 (in Korean)
    - One – Hana
    - Two – Dule
    - Three – Set
    - Four – Net
    - Five – Dasot