

# **BELT TEST REQUIREMENTS**

## **White Belt**

1. FORM: “Oren Saju Chedegi” – Eight movements to the Right  
(*Adults only*) “When Saju Chedegi” – Eight movements to the Left
2. BASIC STANCES & HAND TECHNIQUES:
  - A) Stances:
    1. Shoulder Stance
    2. Horse Stance
    3. Front Stance
    4. Attention Stance
    5. Ready Position
    6. Kicking Stance
  - B) Blocks:
    1. Down Block
    2. Middle Inner Block
    3. High Block
  - C) Punches:
    1. Middle Punch
    2. High Punch
3. KICKS: Kicking Position (Front Stance with Arms Open)  
Block with arm during kick, then return with arms open.
  - A) Front Kick
  - B) Side Kick
  - C) Rising Kick
  - D) Roundhouse Kick
4. QUESTIONS: All information given on the White Belt Question Sheet

## White Belt Questions

1. What does Taekwondo mean?  
Taekwondo is a Korean martial art, which originated about 2000 years ago. “Tae” means technique of the foot – kicking and jumping. “Kwon” means the technique of the hand – punches, strikes and blocks. “Do” means the art and manner of life. SIR!
2. What is the bow?  
The bow is an oriental form of greeting. SIR!
3. Why do you bow?  
We bow to show respect. SIR!
4. What is the meaning of the white belt?  
The white belt signifies purity, no knowledge of Taekwondo. SIR!
5. How do you count 1-5 in Korean?  
One – “Hana”  
Two – “Dule”  
Three – “Set”  
Four – “Net”  
Five – “Dasot”
6. TENETS OF TAEKWONDO
  1. Courtesy
  2. Integrity
  3. Perseverance
  4. Indomitable Spirit
  5. Self Control
7. TAEKWONDO OATH
  1. Observe the Tenets of Taekwondo
  2. Respect my Instructor and Seniors
  3. Never misuse Taekwondo
  4. Build a more peaceful world
  5. Be a champion of freedom and justice