

**WHITE BELT***(Testing White to Yellow)***Physical Requirements:**

- 1) KICKS
  - A) Rising kick
  - B) Front kick
  - C) Roundhouse kick
  - D) Side kick
  
- 2) HAND TECHNIQUES
  - A) High block
  - B) Middle inner block
  - C) Low block
  - D) Middle punch
  - E) High punch
  
- 3) STANCES
  - A) Attention stance
  - B) Ready stance
  - C) Shoulder stance
  - D) Fighting stance
  - E) Horse riding stance
  - F) Front stance
  
- 4) FORM
  - A) Oren Saju Chedegi
  - B) When Saju Chedigi (Adults Only)
  
- 5) SELF-DEFENSE (ADULTS ONLY)

The theme for the white belt self-defense is to understand the “Rule of Thumb”. The thumb is the weakest part of a grip and, therefore, the best place to try and initially escape.

  - A) Straight arm grab (right on left/left on right)
    - Circle towards the inside (middle of your body) and escape through the thumb.
  - B) Cross hand grab (right on right/left on left)
    - Circle towards the outside of the body and escape through the thumb.

## **WHITE BELT**

*(Testing White to Yellow)*

### **Mental Requirements:**

- 1) WHAT IS TAEKWONDO?
  - Taekwondo is a 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!
- 2) WHAT IS THE BOW?
  - The bow is an oriental form of greeting and a symbol of respect. SIR/MA'AM!
- 3) WHY DO YOU BOW?
  - We bow to show respect. SIR/MA'AM!
- 4) WHEN DO YOU BOW?
  - We bow when we enter/exit the school
  - We bow when we enter/exit the Dojang (training area)
  - We bow to the Masters
  - We bow to the Instructors
  - We bow to all other black belts and our fellow students
- 5) WHAT IS THE MEANING OF THE WHITE BELT?
  - The white belt signifies purity, no knowledge of Taekwondo. SIR/MA'AM!
- 6) COUNT FROM 1 TO 5 IN KOREAN
  - One – Hana
  - Two – Dule
  - Three – Set
  - Four – Net
  - Five – Dasot
- 7) TENETS OF TAEKWONDO AND THEIR MEANING
  - Courtesy – Be nice to others and treat them with respect.
  - Integrity – Do not lie and treat others fairly.
  - Perseverance – Never give up.
  - Indomitable spirit – Keep a positive attitude.
  - Self-control – Control your thoughts, words, and actions.