

WHITE STRIPE BELT CURRICULUM

RED TAPE

- P.K. TRAINING
- HAND TECHNIQUES #1, #2
- KICKING COMBINATION #1, #2
- CLEAN AND CORRECTLY WORN UNIFORM

YELLOW TAPE

- ONE STEP SPARRING #1, #2, #3
- SELF DEFENSE #1, #2

GREEN TAPE

- BASIC FORM (GI BON HYUNG #2)

BLACK TAPE

- REVIEW & PRE-TEST ALL OF THE ABOVE TAPES
- REVIEW TERMINOLOGY
- MINIMUM OF 16 CLASSES WITHIN 8 WEEKS

REQUIREMENTS FOR BELT PROMOTION TEST

1. ALL 4 TAPES ON THE BELT
2. PARENT AND TEACHER'S SIGNATURES ON THE TEST APPLICATION
3. MINIMUM OF 16 CLASSES WITHIN 8 WEEKS

BREAKDOWN ON CURRICULUM

P.K. TRAINING:

JAB – PUNCH – ELBOW STRIKE – ELBOW STRIKE- ROUNDHOUSE KICK –
ROUNDHOUSE KICK – TURN AROUND (SAY SIR) X2

HAND TECHNIQUES:

1. FRONT STANCE – DOWN BLOCK – MIDDLE PUNCH X3 (TURN AROUND)
2. FRONT STANCE – HIGH BLOCK – HIGH PUNCH X3 (TURN AROUND)

KICKING COMBINATION:

1. **ROUNDHOUSE KICK – ROUNDHOUSE KICK – ROUNDHOUSE KICK – TURN AROUND (SIR)**
DOL RYU CHA GI – DOL RYU CHA GI – DOL RYU CHA GI – TURN AROUND (SIR)
2. **SIDE KICK – SIDE KICK – SIDE KICK – TURN AROUND (SIR)**
YUP CHA GI – YUP CHA GI – YUP CHA GI – TURN AROUND (SIR)

SELF DEFENSE: #1, #2 (SEE VIDEOS ON THE WEBSITE)

ONE STEP SPARRING: #1, #2, #3 (SEE VIDEOS ON THE WEBSITE)

BREAKING TECHNIQUE: AX KICK

FORM: BASIC FORM (GI BON HYUNG) #2

START – ALL FORMS BEGIN FROM A READY STANCE (JON BI)

1. **TURN LEFT 90 DEGREES – LEFT FOOT FRONT STANCE – LEFT HAND DOWN BLOCK**
2. **STEP FORWARD – RIGHT FOOT FRONT STANCE – RIGHT HAND MIDDLE PUNCH**
3. **TURN RIGHT 180 DEGREES – RIGHT FOOT FRONT STANCE – RIGHT HAND DOWN BLOCK**
4. **STEP FORWARD – LEFT FOOT FRONT STANCE – LEFT HAND MIDDLE PUNCH**
5. **TURN LEFT 90 DEGREES – LEFT FOOT FRONT STANCE – LEFT HAND DOWN BLOCK**
6. **STEP FORWARD – RIGHT FOOT FRONT STANCE – RIGHT HAND MIDDLE PUNCH**
7. **TURN RIGHT 180 DEGREES – RIGHT FOOT FRONT STANCE – RIGHT HAND DOWN BLOCK**
8. **STEP FORWARD – LEFT FOOT FRONT STANCE – LEFT HAND MIDDLE PUNCH – ‘KI HAP’ SAY AYA!**
9. **TURN LEFT 90 DEGREES – LEFT FOOT BACK STANCE – LEFT HAND SINGLE KNIFE BLOCK**
10. **STEP FORWARD – RIGHT FOOT FRONT STANCE – RIGHT HAND MIDDLE PUNCH**
11. **TURN RIGHT 180 DEGREES – RIGHT FOOT BACK STANCE – RIGHT HAND SINGLE KNIFE BLOCK**
12. **STEP FORWARD – LEFT FOOT FRONT STANCE – LEFT HAND MIDDLE PUNCH**
13. **TURN LEFT 90 DEGREES – LEFT FOOT BACK STANCE – LEFT HAND SINGLE KNIFE BLOCK**
14. **STEP FORWARD – RIGHT FOOT FRONT STANCE – RIGHT HAND MIDDLE PUNCH**
15. **TURN RIGHT 180 DEGREES – RIGHT FOOT BACK STANCE – RIGHT HAND SINGLE KNIFE BLOCK**
16. **STEP FORWARD – LEFT FOOT FRONT STANCE – LEFT HAND MIDDLE PUNCH**
17. **STEP FORWARD – RIGHT FOOT FRONT STANCE – RIGHT HAND MIDDLE PUNCH – ‘KI HAP’ SAY AYA!**
18. **STEP BACKWARD – LEFT FOOT FRONT STANCE – LEFT HAND INNER WRIST BLOCK**
19. **STEP BACKWARD – RIGHT FOOT FRONT STANCE – RIGHT HAND INNER WRIST BLOCK – ‘KI HAP’ SAY AYA!**

20. FINISH – RETURN TO READY STANCE

*BLACK TAPE STUDY GUIDE

TERMINOLOGY:

1. KOREAN NUMBERS (11-20) : YEOL HAHA, YEOL DUL, YEOL SET, YEOL NET, YEOL DA SEOT, YEOL YEO SEOT, YEOL IL GHOP, YEOL YEO DEOL, YEOL AH HOP, SU MUL
2. READY : JOON BI
3. START(BEGIN) : SI JAK
4. TURN AROUND : DWI RO DO RA
5. SIDE KICK : YUP CHA GI

GENERAL QUESTIONS AND KNOWLEDGE:

1. HOW DO YOU MAKE POWER?
 - A. POWER (FORCE) = WEIGHT (MASS) X SPEED (ACCELERATION) WITH CONCENTRATION, YELL, BALANCE, AND CONFIDENCE.
2. HOW DOES TAEKWONDO HELP YOUR EVERYDAY LIFE?
 - A. ANSWER ON YOUR OWN