

White Belt Curriculum

Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Respectful attitude (Yes Sir, Yes Ma'am)
- Clean and correctly worn uniform

Yellow Tape

- One Step Sparring #1 ~ #3
- Self Defense - #1 ~ #2
- Breaking Technique - Hammer Fist

Green Tape

- Basic Form (ki cho hyung) #1
- Self Defense #1 ~ #2
- Minimum of 10 classes and 6 weeks
- Recite the 10 commandments

Black Tape

- Review & pre-test all of the above requirements
- Review terminology
- Appropriate uniform
- Minimum of 14 classes and 7 weeks

REQUIREMENTS

1. Parent and teacher signatures on the test paper
2. Minimum of 16 classes within 8 weeks

P.K. TRAINING: Jab - Punch - Hook - Uppercut - Front kick - Front kick - Turnaround (say Sir) X2

HAND TECHNIQUES:

1. Front Stance - Down Block X3 (Turnaround)
2. Front Stance - High Block X3 (Turnaround)

KICKING TECHNIQUES:

1. Front Kick - Front Kick - Front Kick - Turnaround (say Sir)
2. Apchagi - Apchagi - Apchagi - Turnaround (say Sir)
3. Ax Kick - Ax Kick - Ax Kick - Turnaround (say Sir)
4. Naeryuchagi - Naeryuchagi - Naeryuchagi - Turnaround (say Sir)

SELF-DEFENSE (ho sin sool): #1, #2 (see videos below)

ONE STEP SPARRING: #1, #2, #3 (see video below)

BREAKING TECHNIQUE: Hammer Fist

FORM: Basic Form (Gi Bone Hyung) #1

Start - All forms begin from a ready stance

1. Turn left 90 degrees - left front stance - left down block
2. Step forward - right front stance - right middle punch
3. Turn right 180 degrees - right front stance - right down block
4. Step forward - left front stance - left middle punch
5. Turn left 90 degrees - left front stance - left down block
6. Step forward - right front stance - right middle punch
7. Turn right 180 degrees - right front stance - right down block
8. Step forward - left front stance - left middle punch - !!Kiyup!!

TERMINOLOGY:

1. Korean Numbers (1-10) : Haha, Dul, Set Net, De seot, Yeo seot, il ghop, Yeo deol, Ah hop, Yeol
2. Master / Instructor: Sa Bum Nim
3. Work out area: Do Jang
4. Front Kick: Ahp Cha Gi
5. Ax Kick: Nae Rye Cha Gi

GENERAL QUESTIONS AND KNOWLEDGE:

1. What kind of Martial Arts do you study?
- Taekwondo. Sir
2. What does Taekwondo mean?
- The art of hands and feet. Sir
3. Why do you study Taekwondo?
- For a strong mind, strong body, and self defense. Sir
4. Memorize Dynamic Taekwondo's 10 Commandments.