

# White Stripe Belt Curriculum

## Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Clean and correctly worn uniform

## Yellow Tape

- Self defense techniques: #1, #2
- One step sparring: #1 ~ #3
- Breaking technique: Ax Kick

## Green Tape

- Basic form #2 (Gi bon hyung #2)

## Black Tape

- Pre-test all the above requirements
- Terminology and general questions
- Appropriate uniform
- Practice breaking technique: Ax Kick

## REQUIREMENTS

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

P.K. TRAINING: Jab - Punch - Elbow strike - Elbow strike - Round house kick - Round house kick - Turnaround (say Sir) X2

### HAND TECHNIQUES:

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

### KICKING TECHNIQUES:

1. Round House Kick - Round House Kick - Round House Kick - Turnaround (say Sir)
2. Dolryuchagi - Dolryuchagi - Dolryuchagi - Turnaround (say Sir)
3. Side Kick - Side Kick - Side Kick - Turnaround (say Sir)
4. Yupchagi - Yupchagi - Yupchagi - Turnaround (say Sir)

SELF-DEFENSE (ho sin sool): #1 Grab wrist, #2 Across grab wrist (see video below)

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

## BREAKING TECHNIQUE: Ax Kick

### FORM: Basic Form (Gi bone hyung) #2

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!!
9. Turn left 90 degrees - left back stance - left single knife block
10. Step forward - right front stance - right middle punch
11. Turn right 180 degrees - right back stance - right single knife block
12. Step forward - left front stance - left middle punch
13. Turn left 90 degrees - left back stance - left single knife block
14. Step forward - right front stance - right middle punch
15. Turn right 180 degrees - right back stance - right single knife block
16. Step forward - left front stance - left middle punch
17. Step forward - right front stance - right middle punch
18. Step backward - left front stance - left out-to-in middle block
19. Step backward - right front stance - right out-to-in middle block - !!Kiyup!!
20. Finish - Return to ready stance

### TERMINOLOGY:

1. Ready- Joon bee
2. Begin(start)- Si jak
3. Turn around- Dwi ro do ra
4. Side kick- Yup cha gi
5. Korean Number 11-20: Yeol hana, Yeol dul, Yeol set, Yeol net, Yeol da seot, Yeol yeo seot, Yeol il ghop, Yeol yeo deol, Yeol ah hop, Su mul

### GENERAL QUESTIONS AND KNOWLEDGE:

1. How do you make power?  
- Power (force)= Weight (mass) x Speed (acceleration) with concentration, yell, balance, and confidence
2. How does Taekwondo help your everyday life?  
- Answer on your own.