

# WHITE BELT CURRICULUM

## **RED TAPE**

- P.K. TRAINING
- HAND TECHNIQUES #1, #2
- KICKING COMBINATION #1, #2
- RESPECTFUL ATTITUDE (YES SIR, YES MA'AM)
- CLEAN AND CORRECTLY WORN UNIFORM

## **YELLOW TAPE**

- ONE STEP SPARRING #1, #2, #3
- SELF DEFENSE #1, #2
- BREAKING TECHNIQUE – HAMMER FIST

## **GREEN TAPE**

- BASIC FORM (GI BON HYUNG #1)

## **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 – HOOK – UPPERCUT- FRONT KICK – FRONT KICK – TURN AROUND  
(SAY SIR) X2

### **HAND TECHNIQUES:**

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

### **KICKING COMBINATION:**

1. FRONT KICK – FRONT KICK – FRONT KICK – TURN AROUND (SAY SIR)  
AP CHA GI – AP CHA GI – AP CHA GI – TURN AROUND (SAY SIR)

2. AX KICK – AX KICK – AX KICK – TURN AROUND (SAY SIR)  
ΠΑΕ RYU CHA GI – ΠΑΕ RYU CHA GI – ΠΑΕ RYU CHA GI – TURN AROUND (SAY SIR)

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

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

**BREAKING TECHNIQUE:** HAMMER FIST

**FORM:** BASIC FORM (GI BON HYUNG) #1

**START – ALL FORMS BEGIN FROM A READY STANCE (JOON 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!

**\*BLACK TAPE STUDY GUIDE**

**TERMINOLOGY:**

1. KOREAN NUMBERS (1-10) : *HAHA, DUL, SET, NET, DA 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 : *AP CHA GI*
5. AX KICK : *ΠΑΕ RYU CHA GI*

**GENERAL QUESTIONS AND KNOWLEDGE:**

1. WHAT KIND OF MARTIAL ARTS DO YOU STUDY?  
A. *TAEKWONDO. SIR!*
2. WHAT DOES TAEKWONDO MEAN?  
A. *THE ART OF HANDS AND FEET. SIR!*
3. WHY DO YOU STUDY TAEKWONDO?  
A. *FOR A STRONG MIND, STRONG BODY, AND SELF DEFENSE. SIR!*
4. MEMORIZE DYNAMIC TAEKWONDO'S 10 COMMANDMENTS  
A. *STRONG SPIRIT, EFFORT, PATIENCE, ATTITUDE, SELF CONFIDENCE, RESPECT FOR NATIONAL FLAGS, RESPECT FOR INSTRUCTORS AND PARENTS, RESPECT*

***FOR HIGHER RANKING BELT, NEVER MISUSE TAEKWONDO TECHNIQUES,  
THERE IS NO DEFEAT ONLY VICTORY.***