

White Belt Requirements - Adults

(14 Classes)

Korean Terminology:

1. Charyo - Attention - Feet together, hands to the side.
2. Keyunge - Bow - Bend forward at the waist at a 45 angle, eyes look downward.
3. Goman - End - Hands and feet same as Chunbi.
4. Chunbi - Ready - Feet are shoulders width apart; hands are in tight fists, one inch in front of your belt knot.
5. Shio - Relax - Feet shoulders width a part, hands behind back.

Stances

1. Fighting Stance (left & right)

First Gold Stripe - Hand Strikes

1. Backfist / Jab
2. Reverse Punch
3. Front & Back Hooks
4. Front & Back Uppercuts

Second Gold Stripe - Kicking Basics

1. Front Leg Front Kick
2. Back Leg Front Kick
3. Back Leg Thrust Kick
4. Back Kick

Third Gold Stripe – Self-Defense

1. Outside & Inside Blocks
2. Front Wrist Grabs
3. Rear Wrist Grabs