

# **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. Back Fist / Jab
2. Reverse Punch
3. Front & Back Hooks
4. Front & Back Uppercuts

### **Kicking Basics**

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

## **Second Gold Stripe**

### **Self-Defense**

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

## **Third Gold Stripe**

### **Pad Strikes**

1. Thrust Kick
2. Standing Side Kick (on Bar)

### **Kickboxing Techniques**

1. Jab, Punch