



# White Belt Requirements – Youth/Adult

## (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 apart, hands behind back.

### Stances

1. Fighting Stance (left & right)

### Basic Kicks, Punches and Blocks

#### Hand Strikes

1. [Back fist](#)
2. [Reverse Punch](#)
3. Hammer Fist

#### Kicking Strikes

1. [Front Leg Front Kick](#)
2. [Back Leg Front Kick](#)
3. [Wheel Kick](#)
4. [Back Leg Thrust Kick](#)
5. [Side Kick](#)

#### Blocks

1. Outside & Inside Blocks
2. Double Block
3. High Block

### Self-Defense

#### Single Wrist Grab from the Front

1. Attacker starts in front of the defender.
2. The attacker grabs one of the defender's wrists with one of their own hands.
3. The attacker pulls the defender.
4. The defender steps up and anchors their body to help resist the pull.
5. The defender follows up with a back leg front kick to the groin and a punch to the attacker's face.
6. The defender then grabs their trapped hand and pulls free.
7. Defender steps away into a fighting stance.

#### Shoulder Pull

1. The attacker is behind the defender.
2. The attacker grabs one of the defender's shoulders and is pulling them to turn them for a possible additional attack.
3. The defender turns with the pull as the arm/shoulder being pulled outside blocks the attacker's pulling arm.
4. The defender uses their other hand to punch to the face then using their back leg to front kick to the groin.
5. Defender steps away into a fighting stance.

### Form Techniques

#### Form Stances

1. Back Stance
2. Front Stance

#### Form Blocks and Strikes

1. Sudo Block
2. High Block
3. Low Block

