

White Belt (to Gold Belt) Examination requirements

Belt Concept: Posture And Honesty

RED STRIPE

A. Technical 4 Count Side Kick

1. Knee inside kick fold (chamber)
2. Side kick extension and lock
3. Refold side kick (re-chamber)
4. Foot down

B. Technical 3 Count Front Kick

1. Knee upright toward chest
2. Snap kick to the front and back
3. Foot down

GREEN STRIPE

C. Blocks and Counter

Offense (attacker) = Step forward first in guarding stance with left foot and loud yell.

Defense (defender) = Responds and step back with right foot in guarding stance and loud yell.

Offense

1. Offensive front punch
2. Offensive back punch
3. Offensive front leg front kick
4. Offensive side kick
5. Offensive round kick

Defense (Yell on all counters)

1. Left hand block, back punch
2. Left hand block, back punch
3. Step back with right foot, block down with left hand, back punch with right hand
4. Same as 3 above.
5. Press block with left hand, back punch

BLUE STRIPE

D. Belt Basics 1-5 defense & offense (combinations)

Defensive techniques = executed in a stationary position

Offensive technique = executed with a front foot step

(Each combination will be executed in defensive and offensive position to the left and to the right)

- | | |
|----------------|---------------------|
| 1. Front punch | Ap Joomok Chirugi |
| 2. Back Punch | Deet Joomok Chirugi |
| 3. Front Kick | Ap Chagi |
| 4. Side Kick | Yop Chagi |
| 5. Round Kick | Tolyo Chagi |

YELLOW STRIPE

E. "Kamsah" (Appreciation)

F. 12 basic positions and stances

Note: Minimum 30 lessons
Korean Terminology
All previous belt requirements

You must have Safe-T equipment