

White Belt Testing for White Stripe

Questions

Why do we yell in Taekwondo?

To develop strength with concentration, power, and confidence.

Why do we test for tips?

We test to further our knowledge through test preparation and test experience, to gain confidence by performing under pressure, and to let a qualified judge determine our knowledge and abilities.

Terminology

English

Attention

Bow

Ready Position

Belt

Front Stance

Walking Stance

High Ranking Belt

Grandmaster

Korean

Cherry Utt

Kyung Yay

Choon Bee

Dhee

Ahp Coo Bee

Ahp Soh Gee

Sun Bay Nim

Kwan Jah Nim

Hand Techniques

1) Front Stance Down Block, Middle Punch

2) Jab

Kicking

1) Round House Kick, Ax Kick

2) Skip Side Kick, Out to In Crescent Kick

3) Jumping Front Snap Kick (Knee Up Style)**

Form

Kibon Hyung

Experience:

Minimum 10 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**