

White Stripe Belt testing for Gold Belt

Questions

How has your study of Taekwondo been of benefit to you?

(Answer in your own words).

Terminology

English

Front Snap Kick
Round Kick
Side Kick
Back Kick
Down Block
High Block
Yell
Start/Begin

Korean

Ahp Cha Gee
Dohl Yohl Cha Gee
Yup Cha Gee
Dweet Cha Gee
Ah Ray Makki
Uhl Guhl Makki
Kiahp
She Joch

Hand Techniques

- 1) Front Stance High Block, Face Punch
- 2) Reverse Punch

Kicking

- 1) In to Out Crescent Kick, Side Kick (Same Leg)
- 2) Stepping Round Kick, Round Kick (High Level)
- 3) Jumping Round Kick (Knee Up Style)**

Form

Kibon Hyung Part I & II

Other Requirements

Be Able To Tie Your Own Belt

Experience

Minimum 12 Classes

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