**WHITE BELT**“A Journey Of A Thousand Miles Begins With A Single Step: - Loa Tzu

***CURRICULUM*Form:** Ki Bon Hyung **Number of Moves:** 18 **Form Meaning:** Ki Bon means “Basic Foundation”

**Stripe Achievements**[ ] ***Yellow Stripe*** [ ] ***Orange Stripe***  
[ ] High Block [ ] Front Kick  
[ ] Low Block [ ] Side Kick  
[ ] High Inner Forearm Block [ ] Outside Crescent Kick  
[ ] Double Fist Block [ ] Front & Middle Stance

[ ] ***Green Stripe***  
[ ] One-Step #1: Left High Block, Right Middle Punch, Left Middle Punch, Right High Punch, Left  
 Double Outer Forearm Block (Kihap)  
[ ] One-Step #2: Left Outside Crescent Kick, Right Side Kick, Right Double Outer Forearm Block   
 (Kihap)

[ ] ***Blue Stripe***[ ] One-Step #3: Left Palm Heel Block, Right Middle Punch, Left Middle Punch, Right High Punch,   
 Right Round Kick, Right Double Outer Forearm Block (Kihap)  
[ ] One-Step #4: Straight Wrist Grab; Release + 3 Techniques

[ ] ***Red Stripe: First half of form***[ ] Set 1: Left Low Block, Right Middle Punch, Right Low Block, Left Middle Punch, Left Low Block  
 Right Middle Punch.  
[ ] Set 2: Left Front Kick, Left Middle Punch, Right Front Kick, Right Middle Punch (Kihap)

[ ] ***Black Stripe – Second half of form***[ ] Set 3: Left Hight Inner Forearm Block, Left Middle Knife Hand Strike, Right High Inner  
 Forearm Block, Right Middle Knife Hand Strike   
[ ] Set 4: Left High Block, Right High Block, Left High Block, Right High Block (Kihap)

[ ] **Fitness Test:** 5 Push Ups, 5 Sit Ups

***FACTS TO KNOW***1. What style of martial arts do you take? – Taekwondo   
2. What country did Taekwondo originate from? – Korea in 1955  
3. What does ‘Taekwondo’ translate to in English? – The Art of Hand and Foot  
4. What is the purpose of the yell in Taekwondo? – To startle your opponent, tighten up body when striking.   
5. What is the purpose of the bow in Taekwondo? – Symbol of respect, like a hand shake