

## White Belt

Testing Cycle: January-April

“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”

#### Yellow Stripe: Technique List 1

Stances: Choon-Bee, Front Stance, Middle Stance

Blocks: Low Block, High Block

Strikes: Punch, Hammer Fist

Kicks: Front Kick, Outside Crescent Kick, Side Kick

#### Orange Stripe: Technique List 2

Stances: Guarding Stance

Blocks: Palm Heel Block, High Inner Forearm Block

Strikes: Knifehand Strike

Kicks: Round Kick

#### Green Stripe: One-Steps 1 & 2

One-Step #1: One-Step #1: Left High Block, Right Middle Punch, Left Middle Punch, Right High Punch, Guarding Stance (Kihap)

One-Step #2: Left Outside Crescent Kick, Right Side Kick, Guarding Stance (Kihap)

#### Blue Stripe: One-Steps 3 & 4

One-Step #3: Left Palm Heel Block, Right Middle Punch, Left Middle Punch, Right High Punch, Right Round Kick, Guarding Stance (Kihap)

One-Step #4: Standard Wrist Grab

#### Red Stripe: Ki Bon Section 1 & 2

Section 1: Left Low Block, Right Middle Punch, Right Low Block, Left Middle Punch, Left Low Block Right Middle Punch.

Section 2: Left Front Kick, Left Middle Punch, Right Front Kick, Right Middle Punch (Kihap)

#### Black Stripe: Ki Bon Section 3 & 4

Section 3: Left High Inner Forearm Block, Left Middle Knife Hand Strike, Right High Inner Forearm Block, Right Middle Knife Hand Strike

Section 4: Left High Block, Right High Block, Left High Block, Right High Block (Kihap)

**Fitness:** 5 Push-Ups, 5 Sit-Ups, 5 Squats, 5 Lunges, 30 Second Jump Rope (Jump Rope Optional)

### 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 (Kihap) 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