

WHITE BELT STUDENT

**“A Journey Of A Thousand Miles Begins
With A Single Step”**

Lao Tzu

White Belt

CURRICULUM

Form: Ki Bon Hyung **Number of Moves:** 18 **Form Meaning:** Ki Bon means 'Basic Foundation'.

Stripe Achievements

[] Yellow Stripe - **Blocks:** High, Low, High Inner Forearm, Double Fist **Strikes:** Palm Heel, Hammer Fist

[] Orange Stripe—**Kicks:** Front, Side, Outside Crescent **Stances:** Front, Middle

[] Green Stripe—One Steps 1 & 2

[] Blue Stripe—One Steps 3 & 4

[] Red Stripe—Form Sets 1 & 2

[] Black Stripe—Form Sets 3 & 4

Fitness Test: 5 Push Ups, 5 Sit Ups

FACTS TO KNOW

1. What style of martial arts do we teach at Impact Martial Arts? - Taekwondo
2. What country did Taekwondo originate from? - Korea in 1955
3. What does Taekwondo translate to in English? - The Way or 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

DRILLS

1. Move down the floor, hallway, or your yard performing a front stance holding each stance for 3 seconds. Perform the same with middle stances. **Build up leg strength by sticking each stance and holding.*
2. Hold one hand on a chair or back of a couch and perform front kicks. Have opposite hand guarding head. **Hold each kick out for 3 seconds to build up leg strength. ** Perform drill without holding on the chair to practice balance.* Perform the same with Side Kick.
3. Perform your One-Steps in front of a mirror and see how powerful and intense you can be.

CHEAT SHEET

1. In Ki Bon Hyung, the hand that is out will cross on the top.
2. In Ki Bon Hyung, move the back foot (except on stepping punch and front kicks) only when you yell.
3. During One Steps, the left foot will move first on #1,2,3.
4. All blocks cross on the bottom, **except** the low block. All strikes cross on the top.
5. Strikes in Ki Bon Hyung are solar plexus level.

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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).

SET 3: Left High 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)

ONE STEPS:

1: Left High Block, Right Middle Punch, Left Middle Punch, Right High Punch, Left Double Outer Forearm Block (Kihap).

#2: Left Outside Crescent Kick, Right Side Kick, Right Double Outer Forearm Block (Kihap).

#3: Left Palm Heel Block, Right Middle Punch, Left Middle Punch, Right High Punch, Right Round Kick, Right Double Outer Forearm Block (Kihap).

#4: Straight Wrist Grab Defense

Achievement Stripes: **Green Stripe**—One Steps 1 & 2 **Blue Stripe**—One Steps 3 & 4
Red Stripe—Form Sets 1 & 2 **Black Stripe**—Form Sets 3 & 4

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ENTER PICTURE FORM SHEET
