



Senior White Belt Testing Requirements

Near the end of a students first eight weeks they will be tested in class over the following information. All of which will be covered in their regular classes.

Students should be familiar with the meanings and why they are important in Taekwondo.

The Five Tenets of Taekwondo

Students should know their meanings and why they are important in Taekwondo.

MODESTY PERSERVERANCE SELF CONTROL
INDOMINABLE SPIRIT ETIQUETTE

Our Philosophies

RESPECT HUMBLE PATIENCE

Korean words to know:

Korean

Dojang
Charyeut
Choonbi
Kyeong Ye
Sabu Nim
Kansahmnida
Ahnyahasimnika

English

Training gym
Attention
Ready Stance
Bow
Instructor
Thank you
Formal Greeting

Korean

Hana
Duel
Set
Net
Dahsut
Yahset
Illgo
Yahduel
Ah hap
Yul

English

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten

Stances:

Walking Stances
Front Stance
Horseback Riding Stance

Strikes:

Lunge Punch
Reverse Punch
Double Punch

Blocks:

Low Block
Front Block
Rising Block

Footwork:

Chungin (forward slide)
Whoogin (backward slide)
Ilbo Chungin (forward step)
Ilbo Whoogin (backward step)

Kicking:

Rising Kick
Front Snap Kick
Crescent Kick
Reverse Crescent Kick
Round House Kick
Side Kick

Self Defense:

#1 Wrist grab escape, same side (elbow to elbow)
#2 Wrist grab escape with push, same side (wave)
#3 Wrist grab escape, cross arm (pizza)
#4 Wrist grab escape with push, cross arm (spaghetti)
Side fall slaps (lying on the mat and slapping from side to side)
Starting position for forward falls and rolls