



# White Belt Adult Requirements:

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## **Stances:**

Attention Stance (Chariut)  
Ready Stance (Joon Be)  
Horse Riding Stance  
Defensive Stance (Kicking Stance)  
Front Stance

## **Hand Techniques:**

Blocks:

High Block  
Low Block  
Inner Forearm Block  
Outer Forearm Block

Strikes:

Face Poke  
Palm Heel Strike  
Body Punch  
Face Punch

## **Kicks:**

Stretching Kick/Straight Kick  
Crescent Kick  
Axe Kick  
Roundhouse Kick  
Front Kick  
Groin Kick

## **Forms:**

Ki Cho Hyung – Basic Pattern

## **Self Defense:**

Direction 1-4

## **Foot Work:**

Shuffle Up/Back  
Step Up/Back  
Forward Spin  
Backward Spin

## **Other Skills:**

No Contact Sparring  
Moving Basics  
Turning to the open belt side  
How to Tie Your Belt

## **Korean Language and Related Trivia:**

Uniform - Do Bok  
Flag - Gook Gi  
Tae Kwon Do School- Do Jang  
Bow - Gyung Neh  
Attention- Chariut  
Instructor – Sah Buhm Nim  
Meaning of Pil-Sung  
English Translation of Tae Kwon Do  
Where Tae Kwon Do is From?  
Why We Kihap?  
What is a Stance?  
Why do We Bow?  
Why Do We Start at White Belt and Go to Darker Colors?