



White Belt Curriculum

Terminology:

<u>English</u>	<u>Korean</u>
Attention	Char-yut
Ready Stance	Joon-bee
Horse Stance	Joo-chum-su-gee
Training Area	Dojang
Uniform	Dobok
Instructor	Sa-bum-nim
Bow	Kyung-nay

Forms:

Basic Form No.1 (KI BON IL JANG)

Kicking:

Front Snap Kick
Roundhouse
Up and Down Kick
In and Out Kick
Double Punch

One Step Self Defence (1-3)

1 – Move right foot diagonally, changing to horse stance. At same time do a left hand middle block and right hand middle punch and Ki-Yap!

2 – Move you right foot diagonally, changing to horse stance. At the same time do a right hand face punch and Ki-Yap!

3 – Move right foot diagonally, changing to a horse stance. At the same time do a right hand middle punch followed by a face punch with Ki-Yap!

Basic Hand Technique

- | | |
|------------------------|---|
| 1 - Left Low Block | 7 – Left Knife Hand Strike to Neck |
| 2 – Right Low Block | 8 – 10 three middle punches say”taekwondo!” |
| 3 – Left Middle Block | |
| 4 – Right Middle Punch | |
| 5 – Left High Punch | |
| 6 – Right High Block | |



Form – Poom-Se (KIBON ILL JANG) #1

Ready Stance – Junbi

- 1- Turn left 90', left low block.
- 2- Step forward, right middle punch.
- 3- Turn right 180, right middle punch.
- 4- Step forward, left middle punch.
- 5- Move your left foot (turn left 90') then a left low block.
- 6- Step forward, right middle punch.
- 7- Step forward, left middle punch.
- 8- Step forward, right middle punch (ki-yap).
- 9- Move left foot (turn left 270') then low left block.
- 10- Step forward, right middle block.
- 11- Turn right 180', left low block.
- 12- Step forward, left middle punch.
- 13- Move left foot (turn left 90') then a low block.
- 14- Step forward, right middle punch.
- 15- Step forward, left middle punch.
- 16- Step forward, right middle punch (ki-yap).

