

Requirements White to Yellow Belt



WHITE BELT Meaning: The beginning of Spring.

Student has enthusiasm to learn basic skills of Taekwondo.

CURRICULUM

- ❖ **WHITE TAPE** Ten open hand blocks

(Knife hand, horse riding stance) 10 Knife hand Blockings

- ❖ **YELLOW TAPE** Kicking Combination (guarding stance)

Forward kick round house kick

Front snap kick, axe kick, In and out crescent kick, round house kick

- ❖ **BLUE TAPE** Self Defense

Child: open hand, twist, take out and back fist to temple

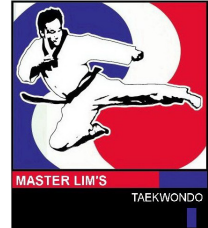
Adult: #1, #2

- ❖ **RED TAPE** Mental Education #1-#5 Belt Meaning

Breaking: Axe kick

- ❖ **BLACK TAPE** TAE GUK FORM (Ee Jang)

Education Guide



WHITE TO YELLOW BELT

➤ Simple Korean Terminology & English Translation

<i>Korean</i>	English
June-Bee	Ready Stance
Bah-Ro	Return
Do-jang	Workout Area

- Why should Taekwondo students yell?
 - To feel strong and confident!

- Why is it important to bow?
 - To show respect.

Mental Education

6. Respect your **elders**.
7. Establish trust between **teacher and student**.
8. Think before hurting **any living thing**.
9. Never retreat **in battle**.
10. Always finish **what you start**.