

White Belt Promotion Exam Contents

❖ Students must take a minimum of 24 classes in 3 months to be eligible for promotion to the next level

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| Juchum Suhgi | <p>There are 12 basic movements; it's the most important basic skill in Tae Kwon Do.</p> <ul style="list-style-type: none"> ○ Middle punch, Low-block, Middle-block, High-block. ○ Juchum Suhgi Chunbi: means horse back riding stance ready position. |
| Stationary Kicks | <p>Students will learn and be able to perform “Knee Kick” and “Front Kick”</p> <ul style="list-style-type: none"> ✓ Key point: Pivot front foot before kicking, raise the Knee up to the belt level and contact with instep. |
| Combinations | <p>Students will learn and be able to perform double middle punch combined with Knee kick and or Front kick.</p> <ul style="list-style-type: none"> ✓ Key point: Both arms should be in good guarding position, shifting shoulder while kicking, lean upper body 30 degrees backward and push hip in as kick is made. |
| Sparring Steps (A, B) | <p>It is first TKD sparring step that helps students build great balance and strengthens the lower body muscles to be able to maintain all other sparring skills. It starts from the kicking stance and simply hops up and down gently and very flowingly.</p> <p>Key point: Stay focused on the front and bend the knee gently, keep moving heels lightly up and down contacting floor as moving in different directions.</p> <p>A; Move forward and backward B; Move side to side, back and forth.</p> |
| Breaking | Knee kick or front kick |
| One Step Self-Defense (Adults only) | #1 and #2 |
| Speech (Required written essay kids only) | <p>We emphasize that TKD training is not just punches and kicks, it is more about building positive character, writing an essay in their own words and reciting their speech in front an audience is one of best ways to build their leadership skills, character and confidence.</p> <p>Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure and typing. <u>We do not need to know the Parents essay skills.</u></p> <p>Children: “Saying thanks to your parents for good support”</p> |
| Terminology & Other words | <p>Sabom nim: means Tae Kwon Do Master, who has been training for at least 15 years and has a 4th degree Black Belt certification, but this title doesn't mean they're completely done training in Martial Arts, they know enough to be able to teach other students.</p> <p>It truly means one from the old school that has done outstandingly well in their field.</p> <p>Dojang: TKD Gym Tthee: TKD Belt</p> |