

# High White Belt Curriculum

**Recite Student Creed (Need to memorize and recite for test):** "To build true confidence through Strength in my Body, Honesty in my Heart, and Knowledge in my Mind. To keep friendship with one another and to build a Strong and Happy community. Never fight to achieve selfish ends, but to develop Might For Right!"

**Recite Class Closing:** INSTRUCTOR STUDENT Class Dismissed! Might For Right! Might For Right! Attitude! How Do We Lead! By Example Sir! Thank You Class! Thank You Sir! One Belt One Goal!

## **Korean Commands and Terminology:**

Hana "One"  
Dool "Two"  
Set "Three"  
Net "Four"  
Tausut "Five"  
Yausut "Six"  
Ilgope "Seven"  
Yaudul "Eight"  
Ahope "Nine"  
Yaul "Ten"

Shio "At Ease"  
Joon bee "Ready Stance"  
She jak "Begin"  
"Goman "End"  
Dojang "Tae Kwon Do School"

## **Basics**

White Belt Basics (defense & offense):  
*Defensive techniques - executed in a stationary position*  
*Offensive techniques - executed with a front foot step*

1. Front Punch
2. Back Punch
3. Front Leg Front Kick

## **Technical Kicks**

Technical Three Count Front Kick: (kicks must be at least belt level)

1. Front Kick fold
2. Front Kick snap and re-fold

3. Foot down

### **Forms**

"Kamsah" form meaning "Appreciation" #1-10

#### **Self Defense #1- (Double Push)**

Attacker- Push

Student- "Leave me alone, I don't want to fight"

Attacker- Push

Student – "Leave me alone, I don't want to fight"

Attacker – Push

Student- Defense.

- 1) Step Back
- 2) X block to mountain block
- 3) Double Chop to collarbone
- 4) Head clinch
- 5) Back Knee with yell