

High White (9th Kub)

Review all White Belt requirements

Safety Gear Week

➤ *Hand and foot gear required*

Sparring

- Promise style
- How to hold a hand target

Drill

Combinations:

1. Roundhouse kick (middle) + Roundhouse kick (high)
2. Roundhouse kick + Drop kick
3. Roundhouse kick + Back/Front punch

Drill:

- Footwork & Kicks (w/ or w/o target, w/ or w/o partner)
- Backward step (shuffling or single step) + Roundhouse kick (closed and open stance)

Basics and Forms Week

Basics

Hand techniques: Knife Hand (one/two knife hand low and outside block)

Stance and footwork: Back stance (forward, backward and turning movement)

Form

Ten steps #2

Self-Defense Week

One Step Self-Defense

1-5 techniques (opposite side of White Belt)

Testing Requirements

Sparring

Promise style
3 combinations

Form

10 steps #2

Self Defense

1-5 techniques
Ho Sin Sool 1-3

Breaking

Side kick

Knowledge

TKD terms
Counting numbers
TKD facts

Self-Defense

- Ho Sin Sool 1-3
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Side kick
- Practice how to hold

Knowledge

- **Know** all knowledge requirements on the back of attendance card
- **Learn** how to fold a Dobok

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ **To test:** *Your tuition payment must be on time.*

High White Belt (9th Kub) Study Guide

Terms

| | | |
|--|-------------|--------------------------|
| Barro | (ba ro) | Return to Joonbi |
| Guk-Gi | (guk-ke) | Flag |
| Gu-Mahn | (gu man) | Stop |
| Ki Hop | (ke hop) | Yell |
| Mook Nyom | (mok n-yom) | Meditation |
| Guk-gi yea dae hah yeo Kyong-ye | | Bow to the Flag |
| Sa bom nim kae Kyong-ye | | Bow to the Instructor |
| Sun bae nim kae Kyong-ye | | Bow to Senior Belt |

Counting Numbers

| | | |
|-------------|--------|---------------|
| IL | (il) | First (1st) |
| EE | (e) | Second (2nd) |
| SAHM | (sam) | Third (3rd) |
| SAH | (sa) | Fourth (4th) |
| OH | (o) | Fifth (5th) |
| YUK | (yuk) | Sixth (6th) |
| CHIL | (chil) | Seventh (7th) |
| PAHL | (pal) | Eighth (8th) |
| KOO | (Ku) | Ninth (9th) |
| SIB | (sib) | Tenth (10th) |

Tae Kwon-Do Facts

| | |
|---------------------|---|
| Country of origin | Korea; often mistakenly called "Korean-Karate" |
| History | Evolved since BC 37; therefore it is over 2,000 years old |
| Sports aspect | An official Olympic sport since the year 2000 |
| Martial arts aspect | Self improvement through training of mind and body |

