

## **White (Non Kub)**

### **Safety Gear Week**

#### Sparring

- Stance and posture
- Open and closed stances
- Footwork (Single and Double switches, Single step forward/backward)

#### Drill

- Kicking drill with above footwork, with or without shield
- How to hold a shield
- Sparring against a shield

### **Basics and Forms Week**

#### Basics

- Hand positions #1 & #2
- Stances (Front, walking, ready, horseback)
- Blocks (Low, high, inside and outside)
- Blocks with front and walking stances (forward and turning movement)
- Differentiate punches beginning at hand position #1 & #2
- Kicks (front, side, roundhouse)

#### Forms

Ten steps #1

### **Self-Defense Week**

#### One Step Self-Defense

- 1-5 techniques
- Confident verbal and physical expression
- Training drills in short distance and some floor exercises

<b>Testing Requirements</b>
<b>Sparring</b> Against a shield Stance Footwork
<b>Form</b> 10 steps #1
<b>Self Defense</b> 1-5 techniques
<b>Breaking</b> Front kick
<b>Knowledge</b> 10 Student Commitments Terms Counting numbers Meaning of White Belt

## Knowledge and Power Training Week

### Breaking

- Front kick
- Practice how to hold

### Knowledge

- **Know** all knowledge requirements on the back of attendance card
- **Read** students rules and abide by them
- **Learn** how to tie belt
- **Know** all attendance system
- **Know** about testing procedure

### TKD Etiquette

## Review Week

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

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

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## White Belt (None Kub) Study Guide

### Ten Student Commitments

1. I will be loyal to my country.
2. I will honor my parents.
3. I will love my family and cooperate with them.
4. I will be faithful to my friends.
5. I will respect my elders and care for my juniors.
6. I will establish positive relationships with my teachers.
7. I will treat all living things with care.
8. I will never seek advantage of those who are weaker.
9. I will only use Tae Kwon-Do to benefit myself and others.
10. I will always finish what I start.

**Terms**

<b>Cha-ryot</b>	(châ ré ôt)	Attention
<b>Joonbi</b>	(jún bé)	Ready
<b>Kyong-Ye</b>	(k-yüing yë)	Bow
<b>DoJhang</b>	(dó jâng)	Workout Area
<b>Dobok</b>	(dó bök)	Uniform
<b>Sa bom nim</b>	(sâ bóm nîm)	Instructor
<b>Sun bae nim</b>	(sún bá nîm)	Senior Belt

**Counting Numbers**

<b>Hana</b>	(hânâ)	One
<b>Dul</b>	(düel)	Two
<b>Set</b>	(sêt)	Three
<b>Net</b>	(nêt)	Four
<b>Dasot</b>	(dâ sôt)	Five
<b>Yasot</b>	(yâ sôt)	Six
<b>Elgub</b>	(îl gûb)	Seven
<b>Yodol</b>	(yó dül)	Eight
<b>Ahob</b>	(â hâb)	Nine
<b>Yol</b>	(yül)	Ten

**Meaning of White Belt**

Pure, No knowledge, Humble

