

WHITE BELT REQUIRMENTS

1. Stationary Hand Techniques

- A. Rising block
- B. Down block
- C. Inside middle block (inner-form block)
- D. Double-down block
- E. Double palm low block
- F. Star block

2. Stationary Kicking Techniques

- A. Front snap kick
- B. Roundhouse kick
- C. Inside/outside crescent kick
- D. Inside/outside axe kick

3. Sparring Drills

- A. Front snap kick and reverse punch
- B. Roundhouse kick and reverse punch

4. Moving Form Basics

- A. Front stances down block, reverse punch, rising block, inner-form block, and double-down block.

5. Form / Pattern Information

- A. Ki Cho Hyung

- 1) 20 movements
- 2) Kiap points: 8/20
- 3) Meaning: Basic pattern
- 4) Shape: Capital "I"