

WHITE BELT

Four Bands & Time Requirements

Yellow Band: Children, first 10 steps of the form.

Adults first 20 steps of the form.

Green Band: Complete Form - Kibon Poomsae 1

Blue Band: All Basic Movements

Black Band: Knowledge and proper execution of all belt testing requirements including curriculum, kicking techniques, vocabulary, and the Black Belt Philosophy.

Time: Average 2-3 months based on student's attendance, knowledge of curriculum, and "personal best" performance.

Kicking Skills & Other Techniques

- Front Snap Kick
- Roundhouse Kick
- Foot to Foot Side Kick
- Down Block
- Body Block
- Face Block
- Horse Riding Stance
- Basic Punching

Black Belt Philosophy: Focus Concentrate with your eyes, body, and mind!

Focus your eyes: When being taught, focus on making and keeping eye contact with the instructor. When training, focus on your target.

Focus your body: A focused posture is one where a student stands or sits with their shoulders back and body motionless. This posture conveys attentiveness, respect, and pride.

Focus your mind: A focused mind does not stray from the task at hand. Work to block out distractions and concentrate on your goal.

