
WHITE BELT – ONE GOLD STAR

Signifies that a future Black Belt is born.

TECHNIQUES

Ready Stance (Junbi)

Hammer Kick

Low Side Block

Combination Kicks (front snap kick and hammer kick)

SPARRING

Bouncing, one leg behind

THEORY

- Preparation and purpose of techniques
- Tenets of Taekwon-Do
 - Perseverance = "I can do it!"
 - Self-Control = control temper
- Describe walking stance
- Home phone number

TEST REQUIREMENTS

16 credits minimum

Report one good thing you did last week

Approval of Parent(s) – child's behaviour at home

Letter from your parent(s), or parent present at the test

Letter from your school teacher