
WHITE BELT – TWO GOLD STARS

Signifies the future Black Belt who is beginning to understand Taekwon-Do

PATTERN

Saju Jirugi Four Corner Punching – Right Side Only

TECHNIQUES

Guarding Block

Turning Kick with Front Leg

SPARRING

Bouncing with guarding block

Hand position and facing

Moving (slide forward and slide backward)

THEORY

- Preparation and purpose of techniques
- Tenets of Taekwon-Do
 - Indomitable Spirit = never give up
- Number of movements in Four Corner Punching
- Home Address

TEST REQUIREMENTS

24 credits minimum

Report one good thing you did last week

Report one thing you can improve upon

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