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## WHITE BELT

Signifies innocence, like a beginner student who does not know Taekwon-Do

### TECHNIQUES

Attention Stance (Charyot)

How to bow

How to make a fist (3 steps)

Walking Stance

Punching (tool)

Front Snap Kick

### SPARRING

Bouncing

### THEORY

- The Founder of Taekwon-Do (General Choi Hong Hi)
- Meaning of Taekwon-Do
  - Tae foot/leg techniques
  - Kwon hand/arm techniques
  - Do mental strength/discipline
- Tenets of Taekwon-Do
  - Courtesy = Being Polite
  - Integrity = Honesty
- How to greet and answer Instructor
- The names of the Instructor(s)

### 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