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## WHITE BELT

Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

### PATTERNS

Saju Jirugi	Four Direction Punch	14 movements
Saju Makgi	Four Direction Block	16 movements

### TECHNIQUES

Attention Stance

Ready Stance

Relax Stance

Walking Stance

Front Snap Kick with front and back leg

Hammer Kick with front and back leg

Outer Forearm Low Side Block

Knife hand Low Side Block

Inner Forearm Middle Side Block

### SELF DEFENSE

What does it mean to avoid a situation?

What does it mean to bargain in a situation?

What does it mean to control a situation?

### SPARRING

Identify targets

Bouncing

Hand position and facing

Moving (slide forward and slide backward)

### THEORY

- How to make a fist
- How to bow
- Meaning of colour of belt
- Founder of Taekwon-Do
  - General Choi Hong Hi
- Student Oath and tenets of Taekwon-Do
  - Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit
- Meaning of Taekwon-Do
  - Tae foot/leg techniques
  - Kwon hand/arm techniques
  - Do mental strength/discipline
- Children: How to greet and answer Instructor, Parents and Teachers

### TEST REQUIREMENTS

16 credits minimum

Online theory certificate

#### Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character cards

Remember your Home Phone Number and Address

Remember your Parent(s) work phone number

Report two good things you did last month