

HIGH WHITE BELT TESTING REQUIREMENTS

**Note to parents of young students: Please help your child study and practice the required knowledge*

Patterns:

4-Directional Punch
4-Directional Block

New Kicks:

front snap kick (lead leg, rear leg, stepping motion)
side front snap kick (lead leg, rear leg, stepping motion)

New Hand Techniques:

front punch with forefist
side block with inner forearm
low block with outer forearm
low block with knife-hand

New Stances:

parallel ready stance
attention stance
sitting stance
walking stance
L-stance

Step Sparring:

Beginning 3-step sparring (alone/without a partner)

Ho Sin Sul (self defense):

2 releases from a straight grab to the wrist
2 releases from a cross grab to the wrist

Have someone help you practice your ho sin sul by grabbing your wrists like we practice in class. Remember to be very careful to not cause injury. Ask your instructor if you have questions.

Required Knowledge

1. The meaning of white belt:

White signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-do.

2. Counting to ten in Korean:

one - hana
two - dool
three - set
four - net
five - daset

six - yasot
seven - ilgop
eight - yodul
nine - ahop
ten - yol

3. Characteristics of Attention Stance:

length: 0 shoulder widths

width: 0 shoulder widths

weight distribution: 50% (front foot) / 50% (rear foot)

additional notes: Heels of feet are together and form a 45 degree angle. Knees are locked. Arms are dropped naturally at sides with elbows partially bent. Hands are lightly clenched fists. Eyes face forward, slightly above the horizon.

4. Characteristics of Parallel Ready Stance

length: 0 shoulder widths

width: 1 shoulder width (measured from footswords)

weight distribution: 50% (front foot) / 50% (rear foot)

additional notes: Feet are even and parallel. Hands are lightly clenched fists. They are 5 cm (2 inches) apart, and are 7 cm (2.9 inches) from abdomen. The elbows are 10 cm (4.1 inches) from the floating ribs. The upper arms are forward at 30 degrees and the lower arms are bent upward at 40 degrees.