

## White Belt – Yellow Stripe belt



### Tip work for Warriors and juniors is as follows:



Parallel stand 10 punches. Count to 4 in Korean



Walking stance punch forward and back, Walking stance low block forwards and backwards



What does Taekwon-Do mean? Walking stance inner forearm block forward and back, front kick



10 front rising kicks, Tenets of Taekwon-Do, 1 step sparring (1 step over 6's only)



10 Push up's, 4 direction, 1-4-1 kicking

### The grading will be as follows:

1. Presentation and etiquette – How smart you look and your “Yes Sir/Ma’am”
2. Walking stance punch forward and backwards
3. Walking stance low block forward and backwards
4. Walking stance middle block forward and backwards
5. Front kick
6. 4 Direction punch (Sa Ju Jirugi)
7. 1-4-1 Sparring
8. 10 push ups
9. 1 step sparring (Juniors only) Number 1; outer forearm reverse punch
10. Questions – 4 random questions from those listed below.

### The following questions will need to be learned before progressing. Younger children can just learn the “in brackets” words.

- **Count to 5 in Korean** *Hana, Dool, Set, Net, dasot*
- **What does Taekwon-Do mean?** *Foot or kick hand or punch way of life (Foot hand Way)*
- **Tenets of Taekwon-Do** *Courtesy, Integrity, Self-Control, Perseverance, Indomitable spirit.*
- **What country is Taekwon-Do from?** *Korea*
- **Who founded/invented Taekwon-Do** *General Choi Hong Hi (General Choi) Pronounced Chay*
- **What does the colour yellow signify?** *Yellow signifies Earth from which a plant sprouts and takes root as the Taekwon-Do foundations are laid.*