



NONE KUB - WHITE BELT

The meaning and significance of white belt:
Pure, no knowledge, humble

Form: KWON SOOL (English and Korean)

TEN ARTICLES OF STUDENT COMMITMENT:

1. Be loyal to your country.
2. Honor your parents.
3. Be loving between husband and wife.
4. Be cooperative between brothers and sisters.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teachers and students.
8. Use good judgment before killing living things.
9. Never retreat in battle.
10. Always finish what you start.

KWON SOOL	
Fist	JOO MUK
Open Fist	PHEN JOO MUK
Hammer Fist	MAE JOO MUK
Back Fist	DEUNG JOO MUK
Knife Hand	SON NAL
Finger Tip	SON KUET
Tiger Mouth Hand	AH KUM SON
Elbow	PAL KOOM CHI

NUMBERS	
HANA	One
DUL	Two
SET	Three
NET	Four
DASEOT	Five
YEOSEOT	Six
ILKOB	Seven
YEODULB	Eight
AHOB	Nine
YEOL	Ten

TERMS	
CHARYEOT	Attention
JOON BEE	Ready
KYEONG NAET	Bow
DO JANG	Workout Area
SABUMNIM	Instructor
SUN BAE NIM	Senior Belt

FIVE TENETS OF TAE KWON DO

1. Courtesy 2. Integrity 3. Perseverance 4. Self Control 5. Indomitable Spirit

NONE KUB - WHITE BELT CURRICULUM

Without a deep root, a tree is easily blown over by a slight breeze. The forming of a strong root is like the building of a strong foundation for a tall building. The forming of a strong foundation creates success in life that will not be lost to trouble or difficulty. Mind and body must function together in unison to create the basic foundation for Tae Kwon Do training.

1. Learn basic etiquette for the Tae Kwon Do practitioner:
 - A) How, when, and where to bow.
 - B) How and when to ask questions and answers.
 - C) During, before, and after class manners
 - During the instructor's lesson
 - During the meditation
 - When to shut the door
 - When you have to use the restroom
 - When you have to fix uniforms and belts
2. Meaning of White Belt
3. Breathing Control
4. How to make a fist
5. Two hand block (lift front kick, inside to outside, and outside to inside block)
6. Horse back riding stance and punching (single, double, and triple)
7. Basic blocks: Low block, High block, Inside block, Outside block (forearm)
8. Basic kicks: Front kick, Side kick, Roundhouse kick
9. Learn how to Ki Hap (yell)
10. Importance of confidence, yelling, eye direction, loosen body, breathing exercise
11. One step white belt self defense
12. Breaking technique
13. Stances (Joon Bee, Attention, Horse Back Riding, Walking, Front, Sparring)
14. Front, rear, and double punches at sparring stances
15. White belt study guide

ONE STEP WHITE BELT SELF DEFENSE

(Attack with sparring stance left hand punch)

1. Outside block with the left hand and rear hand punch to the face
2. Inside block with the left hand and rear hand punch to the face
3. Hop back, staying in sparring stance, front kick with the rear foot, and front hand punch to the face
4. Hop back, staying in sparring stance, side kick with the rear foot, and front hand punch to the face
5. Hop back, staying in sparring stance, roundhouse kick with the rear foot, and front hand punch to the face