



9th KUB - HIGH WHITE

Forms: HWA RANG POOMSAE and CHA GI SOOL

TERMS		ORDINAL	NUMBERS
BA-RO	Return to ready stance	Il	First (1st)
KOOK-KI	Flag	Yi	Second (2nd)
KEU-MAN	Stop	Sam	Third (3rd)
SHI-JAK	Begin	Sa	Fourth (4th)
MOOK-NEUM	Meditation	Oh	Fifth (5th)
KOOK KI YEA DAE HA YEO KYEONG NAET	Salute to the flag	Yuk	Sixth (6th)
SA BUM NIM KEA KYEONG NAET	Bow to the instructor	Chil	Seventh (7th)
SUN BAE NIM KEA KYEONG NAET	Bow to the senior belt	Pal	Eighth (8th)
AHN YOUNG HA SAE YO	How are you?	Koo	Ninth (9th)
KAM SA HOP NI DA	Thank you	Ship	Tenth (10th)

TAE KWON DO is:

- Korean martial art.
- Complete exercise of the mind and body.
- Has 5.3 million Black Belts and Masters; has more than 40 million students in over 170 countries.
- Olympic sport since 1988.

9th KUB - HIGH WHITE BELT CURRICULUM

1. All techniques from the preceding level.
2. Combination techniques; anything more than actions in a sequence is called combination techniques.
Start from a sparring stance:
 - A) Front hand punch and same hand punching while moving forward
 - B) Rear hand punch and same hand punching while moving forward
 - C) Double punch and same hand punching while moving forward
 - D) Front leg front kick and rear leg front kick (rear leg moving forward)
 - E) Front leg side kick and rear leg side kick (rear leg moving forward)
 - F) Front leg roundhouse kick and rear leg roundhouse kick (rear leg moving forward)**Repeat these exercises at least three times in one direction and turn around with yell.
Repeat same procedure to opposite direction.
 - G) Combine front kick, side kick, roundhouse kick
 - H) Front kick immediately after double punches
3. One knife hand outside block (standing and w/ back stance)
4. Both knife hand middle section block (standing and w/ back stance)
5. Both knife hand low section block (standing and w/ back stance)
6. Back stance (definition, how to step forward, backward, and turn)
7. Promise sparring (move freely while one person is attacking only and alternate the position of attacker and defender)
8. One step high white self defense
9. Breaking technique
10. High white belt study guide
11. Review everything, making sure to know all the white and high white belt level requirements comfortably before going for yellow belt.