

WHITE BELT REQUIREMENTS

BLOCKS :
LOW (DOWN) BLOCK, HIGH (RISING) BLOCK

STRIKES :
PALM STRIKE, BODY PUNCH, FACE PUNCH

KICKING :
FRONT SNAP KICK, ROUNDHOUSE KICK

STANCES :
WALKING STANCE (AP SEOGI)

SELF DEFENSE :
**SINGLE SHOULDER/WRIST GRAB FROM THE FRONT,
DOUBLE SHOULDER GRAB FROM BEHIND**

SPARRING :
**ROUND KICK, ROUND KICK AP BAL, FAST KICK,
PUSH ROUND KICK**

POOMSAE :
LITTLE KICKERS - UNIVERSAL 1 , 6 + - TAEGEUK 1

BOARD BREAKING :
HAMMER FIST OR KNIFE HAND CHOP