

## WHITE BELT REQUIREMENTS

<b>STANCES</b>	<b>ATTENTION</b>	<b>READY</b>	<b>HORSE STANCE</b>	<b>FIGHTING STANCE</b>	<b>FRONT STANCE</b>	<b>DASH</b>
<b>BLOCKS</b>	<b>HIGH BLOCK</b>	<b>OUTSIDE BLOCK</b>	<b>INSIDE BLOCK</b>	<b>LOW BLOCK</b>		
<b>PUNCHES/STRIKES</b>	<b>IRON FIST PUNCH</b>	<b>JAB</b>	<b>REVERSE</b>	<b>ELBOW #4</b>	<b>ELBOW #5</b>	
<b>KICKS</b>	<b>PUSH KICK</b>	<b>KNEE STRIKE</b>	<b>BODY ROUNDHOUSE</b>	<b>SIDE KICK</b>	<b>STEP TOGETHER SIDE KICK</b>	<b>BACK KICK</b>
<b>STRIKE DEFENSE</b>	<b>*SEE DEFENSE SHEET</b>					
<b>GRAB DEFENSE</b>	<b>*SEE DEFENSE SHEET</b>					
<b>TAKEDOWNS</b>	<b>REAR FALL BREAK</b>		<b>SHOULDER ROLL</b>		<b>SIDE FALL BREAK</b>	
<b>GROUND ESCAPE</b>	<b>GRAPPLE NO SUBMISSION</b>					
<b>WEAPON DEFENSE</b>	<b>OVERHEAD STICK DEFENSE</b>					
<b>SPARRING</b>	<b>TAKE TURNS KICKING</b>			<b>NO CONTACT SPARRING</b>		
<b>FORM</b>	<b>WHITE BELT FORM 1  KICHO IL JANG</b>			<b>WHITE BELT FORM 2  KICH EE JANG</b>		

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