

BELT REQUIREMENT

WHITE/BLACK TO YELLOW/WHITE

QUESTIONS	ANSWERS
WHAT IS OUR SCHOOL NAME IN KOREAN?	
WHAT DOES TAE KWON DO MEAN?	
WHAT IS SCHOOL IN KOREAN	
COUNT TO 5 IN KOREAN	
SCHOOL RULES # 2 & 3	
WHAT DOES HONOR MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	5
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE
PUNCHES	JAB & REVERSE PUNCH
BLOCKS	DOUBLE OUTSIDE BLOCK & HIGH BLOCK
KICKS	PUSH KICK, SNAP KICK, 45° ROUNDHOUSE, STEP TOGETHER SIDE KICK
SELF-DEFENSE	WHITE BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	KICHO EE JANG (BASIC FORM 2)

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