

BELT REQUIREMENT

WHITE TO WHITE/BLACK

QUESTIONS	ANSWERS
WHAT IS THE CORE STYLE WE TEACH?	
WHERE DOES TAE KWON DO COME FROM?	
WHY DO WE BOW	
COUNT TO 3 IN KOREAN	
SCHOOL RULES # 1 & 2	
WHAT DOES RESPECT 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 IL JANG (BASIC FORM 1)

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