



# WHITE BELT POCKET STUDY GUIDE

## **First Black Curriculum Stripe:**

### Punches, Kicks & Stances

- 1) Punches from Horse Stance
  - Single
  - Triple
  - Double
- 2) Kicks
  - Front Kick
  - Side Kick
  - Axe Kick
- 3) Stance
  - Attention Stance
  - Horse Stance
  - Kicking Stance
  - Front Stance

**All Children should  
be working on  
their Take Home  
Sheets to earn their  
“Character Stripes”.**

***You can be the  
Character Stripe  
Champion!***

## **EACH CLASS**

- arrive 10 minutes early**
- find attendance card**
- bow entering the Dojang**
- sit quietly until class begins**
- get ready to focus**
- always try your best**
- HAVE FUN!**

## **Second Black Curriculum Stripe:**

### Basic Blocks & Attacks

- 1) Basic Blocks
  - Down Block
  - Choke Block
  - Face Block
  - Body Block
- 2) Basic Attacks
  - Palm Hit
  - Body Punch
  - Face Punch
  - Neck hit

## **Terminology - Numbers**

- |           |           |
|-----------|-----------|
| 1) Ha-na  | 6) Ya-sut |
| 2) Duhl   | 7) Il-gop |
| 3) Set    | 8) Ye-dul |
| 4) Net    | 9) A-hope |
| 5) Da-sut | 10) Yuhl  |

## **White Belt Philosophy - Respect**

## **Yellow Belt Test is:**

Upon earning Second Black Stripe, students may pick up written application and must return with fee by day before exam.

All Children must have a minimum of three Character Stripes to test.