

White Belt [Moo Geup]



Requirements

16 Classes Credit

Blue & Green Stripes

JooChoomJiRooGi - Horse Stance Punching & Blocking

Basic Across Mat (Stances, Blocks, Punching & Kicking Techs.)

Basic Kicking Tech. (Front snap kick, Axe Kick, Inside/Outside Crescent Kick, Push Kick, Round House Kick)

Poom-Se: *SahBangJeeRooGi*, *KiBon*

HanBon GyoRooGi

Student Creed

Board Breaking (Elbow)

Techniques

10 Basic Step (Bo Bup)

- | | | | | |
|--------------|-------------------|----------------------|----------------|-----------------|
| 1. Hop in | 2. Hop Back | 3. switch | 4. switch back | 5. step forward |
| 6. step back | 7. Turn/step back | 8. Turn/step forward | 9. sidestep | 10. return |

Basic Target Drills

Attacking Across Mat

One / Two / Three Step Safe Sparring:

Running & Flying Kicks (Jumping Front Snap Kick)

Self-Defense (6 Release Tech.)

Falling Tech.

Knowledge/Q&A

Children's Questions

- Q. Who is your best friend? Why?
A. Books and pencil. If you want to build your knowledge, I must have a good. Education.
- Q. Who are your true heroes? Why?
A. Mom and dad. They try their best to teach us right from wrong. They are always there for us; Without mom and dad we would not be here today.
- Q. What is meaning of White Belt
A. Signifies pure, nothing and clean, and readiness to change color, Sir!

Counting in Korean 1-10

One	Hah-Nah	Six	Yeo-Seot
Two	Dool	Seven	Ill-Gope
Three	Set	Eight	Yeo-Dule
Four	Net	Nine	Ah-Hop
Five	Da-Seot	Ten	Yuhl

Korean

How are you? - *Ahn-Nyong-Hah-Se-Yo?*

Thank you! - *Gahm-Sah-Hap-Nee-Dah!*

Black Belt Philosophy

RESPECT

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"Think of respect not as a duty, but as a privilege. " - George Washington
"Some pursue happiness, others create it through courteous acts. " - Gandhi
"Seek first to understand and then to be understood. " - Dr. Stephen Covey

Martial Arts Perspective

The first thing a new student notices in Tae Kwon Do is the strong emphasis on respect. Students remove their shoes before stepping onto the practice floor, bow to each other, and use respectful titles like Mr., Mrs., or Master. They respond with "yes sir" and "yes ma'am," reinforcing discipline and courtesy.

Throughout your training, you've encountered students from different backgrounds, professions, and cultures, each with unique skills and abilities. Yet, in the Tae Kwon Do classroom, everyone is treated equally, and partners show each other kindness and understanding. This willingness to accept others, no matter their differences, is the heart of respect. When you genuinely accept people for who they are, you'll find it easier to work together and build strong relationships.

Life Skill Perspective

Respect is something we all deal with wanting it, giving it, and sometimes struggling to show it. Many kids grow up hearing that they should respect their elders, and troubled youth are often seen as lacking respect for authority. But simply demanding respect because of your position whether as a teacher, boss, or leader won't work for long, just like in a Tae Kwon Do school.

The best way to earn respect is to give it first. Even in a position of authority, consider others' needs and feelings. Allow them to share their views, and be polite even if you disagree. Show patience and self-discipline, treating others with good manners even if they don't do the same at first. Over time, if you consistently show respect, others will naturally return it to you.

ONE STEP PUNCHING.



1. Step in (L leg),
high block (L hand),
under punch w/right hand.



2. Step in (R leg),
high block (R hand),
under punch w/left hand.



3. Right leg Step in (Horse Stance), Left hand knife hand block, Right hand chop the neck & left hand grab wrist, inside chop w/right hand.