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## Testing Requirements:

### White Belt Curriculum/Yellow Stripe Belt Test

Forms: Ki bon

- Back fall
- Backward shoulder roll

Strikes:

- Mid section punch
- High section punch
- High section palm heel strike

One Step Sparring:

- Inner forearm block/double mid-section punch
- High section forearm block/double mid-section punch
- Step behind side thrusting kick
- Front snap kick/low section wedging block

Kicks:

- Front stiff legged stretch
- Front snap kick
- Step behind side thrusting kick
- Roundhouse kick
- Inside crescent kick

Self Defense Escapes:

- One hand wrist grab
- Two hand wrist grab
- Double wrist grab
- Choke from front
- Choke from rear
- Choke from side
- Double lapel grab

Blocks:

- Low section block

Stances:

- Ready position
- Attention
- Horse Stance
- Fighting Stance
- Front Stances

Knowledge:

- Bow in/Pledge
- Bow out
- White belt color meaning
- 1<sup>st</sup> component of power
- 1<sup>st</sup> tenet of Tae Kwon Do
- Korean terms for:

Rolls/Falls:

- Forward somersault
- Forward shoulder roll

- All techniques the student is tested on
- Training hall
- Uniform
- Belt