



Belt Curriculum

White Belt (1st Gup)

Stance: Front Stance, Horse Back Riding Attention Stance

Blocks: Low Block, High Block

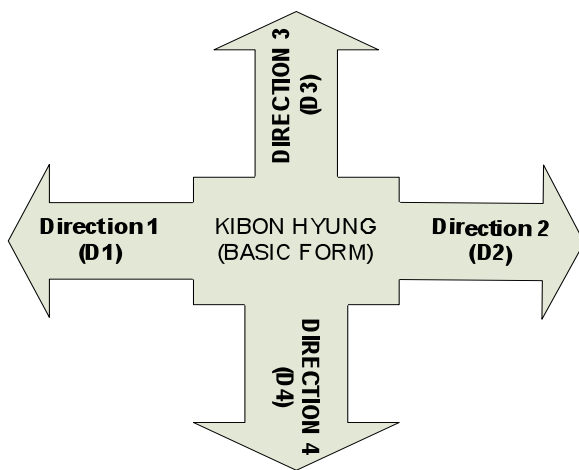
Kicks: Front Kick, Roundhouse Kick & Axe Kick

Combination Kick: Front Kick, Front Kick, Front Kick, Roundhouse Kick, Front Kick, Axe Kick

Punches: Middle Punches, High Punches

Ten Basic Motion: [View page 4](#)

Basic Form # 1



Kibon Hyung #1

1. Turn to D1 Down Block with Front Stance
2. Step forward (D1) Middle Punch with Front Stance
3. Turn to D2 Down Block with Front Stance
4. Step forward (D2) Middle Punch with Front Stance
5. Turn to D3 Down Block with Front Stance
6. Step forward (D3) Middle Punch with Front Stance
7. Turn to D4 Down Block with Front Stance
8. Step forward (D4) Middle Punch with Front Stance

Breaking: Hammer Fist

Motivation Sparring

