

## **Requirements for White Stripe Belt test**

### **Terminology & Questions**

KYUNGYE - bow

JOONBEE – ready stance

SEEJACK - begin

DUIRO DORA – turn around

Why do we yell in Tae Kwon Do? To develop strength with concentration, power, and confidence.

Why do we test? We test to further our knowledge through test preparation and test experience, also to gain confidence by performing under pressure and to let a qualified judge determine the increase of my knowledge.

### **Required kicks/punches/blocks/strikes**

In sparring stance (techniques both left and right foot forward)

Combo Front snap kick, roundhouse kick, single reverse middle punch

Combo Front snap kick, side thrusting kick, single reverse middle punch

Front stance, down block (stepping forward)

Front stance, high block (stepping forward)

Back stance, middle block

### **Required form – “Kibon Hyung”**

Joonbee

Turn left 90 degrees – walking stance – down block

Step forward – walking stance – right middle punch

Turn right 180 degrees – walking stance – down block

Step forward – walking stance – left middle punch

Turn left 90 degrees – walking stance – down block

Step forward – walking stance – right middle punch

Turn right 180 degrees – walking stance – down block

Step forward – walking stance – left middle punch – KIYUP!

Turn 180 degrees – joonbee – baro!

### **Required breaks**

12 years and younger

Hammer fist