

# WHITE BELT

## TAEKWON-DO REQUIREMENTS

10TH GUP (WHITE BELT) test for 9TH GUP (YELLOW STRIPE)

Name: (Please print First and Last)

Signature:

Age:

I hereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude.

Date of completion:

### ATTENDANCE

Attend a minimum of 16 Beginning level classes.

1: DATE \_\_\_\_\_

9: DATE \_\_\_\_\_

2: DATE \_\_\_\_\_

10: DATE \_\_\_\_\_

3: DATE \_\_\_\_\_

11: DATE \_\_\_\_\_

4: DATE \_\_\_\_\_

12: DATE \_\_\_\_\_

5: DATE \_\_\_\_\_

13: DATE \_\_\_\_\_

6: DATE \_\_\_\_\_

14: DATE \_\_\_\_\_

7: DATE \_\_\_\_\_

15: DATE \_\_\_\_\_

8: DATE \_\_\_\_\_

16: DATE \_\_\_\_\_

### CITIZENSHIP (Social & Academic)

On going demonstration of good discipline:

COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT

At home, school, and public (Including grade point average)

COMPLETE

Parent's Name:  
(If the student is under the age of 18):

Parent's Signature:

DATE:

In Studio

COMPLETE

Examiner's Name (Print Name):

Examiner's Signature:

DATE:

In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.)

### STANCES

- Parallel stance (JUNBI)
- Attention stance (CHARYOT)
- Sitting stance
- Walking stance

COMPLETE

Examiner's Name (Print Name):

Examiner's Signature:

DATE:

### HAND TECHNIQUES

- Punch with the forefist (High, Middle, Low)
- Side block with the inner forearm
- Low side block with the outer forearm
- Low side block with the knife-hand

COMPLETE

Examiner's Name (Print Name):

Examiner's Signature:

DATE:

### PATTERN

- 4-Direction Punch (Saju Jurugi)
- 4-Direction Block (Saju Makgi)

COMPLETE

Examiner's Name (Print Name):

Examiner's Signature:

DATE:

### KICKING

- Stamping kick
- Front snap kick (lead leg, rear leg & stepping motion)
- Side front snap kick (lead leg, rear leg & stepping motion)

COMPLETE

Examiner's Name (Print Name):

Examiner's Signature:

DATE:

## ► CONDITIONING

- Jumping Jacks (20)
- Push-ups (10)
- 4 count body builders (10)
- Mountain Climbers (20)
- Sit-ups (30 seconds)
- Front rising kick (10) min. height: Low Level
- Front rising in a circle (10) min. height: Low Level
- Side rising kick (10) min. height: Low Level
- Stretching - Side & Front Splits, Feet together

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## ► BREAKING

- Children (Ages 13 and under)
- 1/2 Board Stamping kick
- Women & Juniors (Juniors age 13 to 17)
- 1/2 Board Front Snap kick
- Men (Ages 18 and above)
- 1 Board Front Snap kick

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## ► KNOWLEDGE

- Counting to 10 in Korean
- The meaning of White Belt
- The Tenets of Taekwon-Do
- The Student Oath of Taekwon-Do
- The color belt system
- Demostration of COURTESY
- Technique interruption (Level / Class / Tool)
- Body Lines (Low, Middle, High / Center, Chest, Shoulder)

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## NOTES

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