

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"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature:
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► **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"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature:
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► **KNOWLEDGE**

- **Counting to 10 in Korean:**

1 - HANA	6 - YASUT
2 - DOOL	7 - ILGOPE
3 - SET	8 - YAUDUL
4 - NET	9 - AHAUL
5 - TASUT	10 - YAUL
- **The meaning of White Belt:** White signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-Do.
- **The Tenets of Taekwon-Do:**
 COURTESY (YE-UI)
 INTEGRITY (YOM-CHI)
 PERSEVERANCE (IN-NAE)
 SELF-CONTROL (GUK-GI)
 INDOMITABLE SPIRIT (BAEK-JUL BOOL-GOOL)
- **The Student Oath of Taekwon-Do:**
 I shall observe the Tenets of Taekwon-Do.
 I shall respect the instructor and seniors.
 I shall never misuse Taekwon-Do.
 I shall be a champion of freedom and justice.
 I shall build a more peaceful world.
- **The color belt system of Taekwon-Do:**
 10th Gup WHITE
 9th Gup WHITE WITH A YELLOW STRIPE
 8th Gup YELLOW
 7th Gup YELLOW WITH A GREEN STRIPE
 6th Gup GREEN
 5th Gup GREEN WITH A BLUE STRIPE
 4th Gup BLUE
 3rd Gup BLUE WITH A RED STRIPE
 2nd Gup RED
 1st Gup RED WITH A BLACK STRIPE
 1st Dan BLACK
- **Technique interruption (Level / Class / Tool)**
- **Body Lines (Low, Middle, High / Center, Chest, Shoulder)**

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature:
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- **Demonstration of Tenets:**
 COURTESY: Taekwon-Do students should attempt to practice the following elements of courtesy to build their noble character and to conduct the training in an orderly manner as well.
 1. To promote the spirit of mutual concessions.
 2. To be ashamed of one's vices, contemning those of others.
 3. To be polite to one another.
 4. To encourage the sense of justice and humanity.
 5. To distinguish instructor from student, senior from junior, and elder from younger.
 6. To behave according to etiquette.
 7. To respect others possessions.
 8. To handle matters with fairness and sincerity.
 9. To refrain from giving or accepting any gift when in doubt.
- **The Characteristics of a Parallel Ready Stance (Narani Junbi Sogi):** Parallel stance is 1 shoulder width wide, measured from the footswords. The feet are even and parallel and therefore the stance has no length. The weight is distributed evenly on both feet with the legs straight. The fists are clenched slightly and 5 centimeters (2 inches) apart. There should be approximately 7 centimeters (2.9 inches) between the fists and the abdomen and 10 centimeters (4.1 inches) between the elbows and floating ribs. The upper arms are forward at 30 degrees while the lower arms are bent upward at 40 degrees. This stance is performed full or side facing.
- **The Characteristics of an Attention Stance (Charyot Sogi):** The Attention stance is formed with the heels together with the feet forming a 45-degree angle. The weight is distributed evenly on both feet with the legs straight. Arms are dropped naturally at the sides, with the elbows partially bent and the fists slightly clinched. The eyes are facing front and slightly above horizontal. This stance is only performed full facing.
- **The Characteristics of a Walking Stance (Gunnun Sogi):** The walking stance is 1 shoulder width wide, measured between the center of the instep of the feet. It is 1.5 shoulder widths long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed evenly between the feet. The back leg is straight and is locked with the back foot pointed outward up to 25 degrees. The front leg is bent with the kneecap directly over the heel and the front foot pointed straight forward. The foot muscles of both feet are tensed as if to pull the feet together. This stance is named for the front foot and is performed full or half facing. Arms are held in a low guarding position.
- **The Characteristics of a Sitting Stance (Anun Sogi):** The sitting stance is 1.5 shoulder widths side, measured from the big toes. The feet are even and parallel and therefore the stance has no length. The weight is distributed evenly on both feet with the knees bent over the balls of the feet. The chest and abdomen are pushed out and the hips pulled back. This stance is performed full or side facing. Arms are held in a low guarding position.