

WHITE-BELT REQUIREMENTS

TECHNICAL INFORMATION



Ship-Gup (10th Grade) Testing Requirements

Basics and Forms = 1 st Stripe	Breaking/Sparring = 2 nd Stripe	Terminology/Attitude = 3 rd Stripe
Ki-Bon Il Jahng Basic Techniques Basic Commands	One-Step Attacking One-Step Defense 3 Kicks Back and Forth	Required Terminology Tenet & Definition Asked to test by an Instructor

Form: KI-BON IL JAHNG (Basic Form 1)

MOVEMENT	Stance	Section	MOVEMENT	Stance	Section
<i>Turn 90° CCW with left foot</i>			11. R Low Block	RF	L
1. L Low Block	LF	L	<i>Step forward with left foot</i>		
<i>Step forward with right foot</i>			12. L Punch	LF	M
2. R Punch	RF	M	<i>Step 90° CCW with left foot</i>		
<i>Step 180° CW with right foot</i>			13. L Low Block	LF	L
3. R Low Block	RF	L	<i>Step forward with right foot</i>		
<i>Step forward with left foot</i>			14. R Punch	RF	M
4. L Punch	LF	M	<i>Step forward with left foot</i>		
<i>Step 90° CCW with left foot</i>			15. L Punch	LF	M
5. L Low Block	LF	L	<i>Step forward with right foot</i>		
<i>Step forward with right foot</i>			16. R Punch	RF	M
6. R Punch	RF	M	<i>Step 270° CCW with left foot</i>		
<i>Step forward with left foot</i>			17. L Low Block	LF	L
7. L Punch	LF	M	<i>Step forward with right foot</i>		
<i>Step forward with right foot</i>			18. R Punch	RF	M
8. R Punch	RF	M	<i>Step 180° CW with right foot</i>		
<i>Step 270° CCW with left foot</i>			19. R Low Block	RF	L
9. L Low block	LF	L	<i>Step forward with left foot</i>		
<i>Step forward with right foot</i>			20. L Punch	LF	M
10. R Punch	RF	M	<i>Return to Joon-Bee with left foot, facing front</i>		
<i>Step 180° CW with right foot</i>					
Key: L - Left, R - Right, F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X Stance, P - Parallel H - High (Face) Section, L - Low Section, M - Middle Section, Underlined - Ki-Yap					

5 TENETS:

Each student shall be able to recite the 5 Tenets of Taekwondo:

- (1) COURTESY
- (2) INTEGRITY
- (3) PERSEVERANCE
- (4) SELF-CONTROL
- (5) INDOMITABLE SPIRIT

WHITE-BELT REQUIREMENTS



TERMINOLOGY:

BASIC

Master Instructor..... Sa-Bom Nim
Attention..... Char-Yut
Bow..... Kyung-Yea
Start Si Jahk
Stop..... Geu-Mahn
Thank You..... Gam Sa Ham Ni Da

STRIKES

Body Punch..... Momtong Jiruegi

STANCES

Ready Stance Joon Bee
Front Stance Ap Koobi

BLOCKS

Down (Low) Block..... Arae Makki

1 - Hanna, 2 - Dool, 3 - Set, 4 - Net, 5 - Dasot, 6 - Yosot, 7 - Ilgot, 8 - Yodul, 9 - Ahope, 10 - Yeul

II BOH DE RHAN (ONE-STEP SPARRING)

All One Steps Begin in the Same Manner:

(Attacker) - Step back with the RIGHT foot to a LEFT *Front Stance*, LEFT *Low Block*, **KI-YAP!**

(Defender) - **KI-YAP!**

(Attacker) - Raise LEFT arm, step forward with the RIGHT foot to a RIGHT *Front Stance*, RIGHT *Punch* to face.

1. Step outside with left foot to a LEFT *Front Stance*, LEFT *Face Block*, RIGHT *Punch* (solar plexus), LEFT *Punch* (solar plexus), RIGHT *Punch* (face), **KI-YAP!**; step back with left foot to a LEFT *Back Stance*, *Double Fist Guarding Block*
2. Step left with left foot to a *Horse-Riding Stance*, LEFT *Palm Block*, RIGHT *Punch* (ribs), LEFT *Punch* (ribs), RIGHT *Punch* (face), **KI-YAP!**; step back with left foot to a LEFT *Back Stance*, *Double Fist Guarding Block*
3. Step center with left foot to a RIGHT *Back Stance*, LEFT *Side Block*, LEFT *Side Chop* (neck), RIGHT *Roundhouse Kick* (solar plexus or face), **KI-YAP!**; step back with right foot to a RIGHT *Back Stance*, *Double Fist Guarding Block*

3-KICKS BACK AND FORTH

ONLY SHOULD BE DONE IN THE PRESENCE OF AN INSTRUCTOR!!!

1. Opponent #1 and #2 face each other in a fighting stance
 2. Opponent #1 kicks 3 consecutive kicks, advancing towards Opponent #2 with each kick.
 3. After completing the 3rd kick, Opponent #2 kicks 3 consecutive kicks, advancing back towards Opponent #1.
 4. Repeat kicking back & forth until the Instructor stops the drill.
- Concentrate ONLY on the 3 kicks learned: Front Kick, Side Kick, and Round Kick
 - Move back in a STRAIGHT line, keeping the body facing SIDEWAYS.
 - Move WITH the Opponent. . . moving away as they kick, with hands in a defensive position