



WHITE BELT RANK SHEET

Your required material for the white belt rank is listed on this sheet. Upon completion and with a full understanding of the listed material, the student will be invited to test for the rank of white/yellow belt. Welcome to Becks' Martial Arts and the United World Taekwondo Association.

Blocks, Strikes & Stances

Front Stance	Ap-Kubi Seogi
Walking Stance	Ap Seogi
Middle Stance	Juchum Seogi
Low Block	Arae Makki
High Block	Olgul Makki
Inner Forearm Block	Momtong Makki
Front Punch	Bandae Jireugi
Rev. Punch	Baro Jireugi
Palm Heel Strike	Bantongson Chigi
Backfist Strike	Dung Joomock Chigi

Kicks

Front Kick	Ap Chagi
Round Kick	Dollyo Chagi
Side Kick	Yop Chagi
# 1-4 Kicks	

White Belt Themes

5 TENETS OF TAEKWONDO Integrity Courtesy Perseverance Self-Control Indomitable Spirit	HUMILITY If you are humble, then you have the ability to be modest. You do not need to impress people by talking about your abilities in taekwondo.	HOME RULE Eat healthy food. Understand what your body needs in order to perform at its peak performance. Good tasting food is not always healthy.	ANTI-BULLYING Stay in groups with your friends and be alert to others around you experience bullying.	MANNERS Use a quiet voice during all meals. Listen and do not interrupt adults who are speaking. Do not talk with food in your mouth.
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White Belt Testing Requirements

Homework Sheet	Kicks & Stances	Sparring One-Steps
Blocks & Strikes	Self - Defense	Board Breaks

Self-Defense Pain compliance is the ability to control an aggressive person's actions through joint manipulation. Demonstrate 2 basic wrist lock control techniques.	Wooden Board Breaks <i>Hand:</i> Palm-heel Strike <i>Kick:</i> Front Kick
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WHITE BELT RANK SHEET

Sparring One-Steps

One steps challenge the student to practice precision & control

One-Step #1

- Left foot steps into left front stance, **left high block**. No step, **right rev. punch** to mid-section. No step, **left punch** to mid section. No step **right rev. punch** to high section.
- Left foot steps back to right sparring stance, **right double outer forearm block**. Kihap

One-Step #2

- Right #1 **side kick**, land in front/left of attacker, **right rev. punch** to mid-section. No step, **left punch** to mid section. No step **right rev. punch** to high section.
- Right foot steps back to left sparring stance, **left double outer forearm block**. Kihap

One-Step #3

- Right foot steps forward in middle stance, **right inner form block** then **right backfist strike** to high section.
- Right #1 **side kick**.
- Right foot steps down to left foot. Left foot steps back into right sparring stance, **right double outer forearm block**. Kihap

Terminology Written Test (write Korean names in blanks)

- Front Punch _____
- Front Stance _____
- Side Kick _____
- Low Block _____
- Front Kick _____
- Ready Stance _____
- Middle Stance _____
- Reverse Punch _____
- Walking Stance _____
- Round Kick _____
- Palm Heel Strike _____
- High Block _____
- Inner Form Block _____
- Backfist Strike _____

Parent & Teacher Section

Taekwondo is a fun and rewarding education that builds students' physical strength and character development. A taekwondo student must do well and grow in all areas of their lives in order to reach black belt. Please provide your feedback regarding their home & school attitude & effort.

Parent Name _____ Signature _____

Agree Disagree Date: _____

Comments: _____

Teacher Name _____ Signature _____

Agree Disagree Date: _____

Comments: _____

Contact Info (optional): _____

RANK ADVANCEMENT IN TAEKWONDO

Rank advancement is offered every 8—10 weeks. Every student must put in the effort and time in order fully earn their next rank. If a student has not prepared themselves, then they may continue their training and be ready to test at the next rank advancement testing. If you have questions about this rank sheet or rank testing, please see Mr. Beck.