

# White Belt Curriculum

## *White Belt Pattern, 20 Movements*

### Basic Chung Ilbu

| <u>Direction</u> | <u>Stance</u> | <u>Action</u>         |
|------------------|---------------|-----------------------|
| L                | ¼ turn        | Front                 |
|                  |               | Low Block             |
|                  |               | Middle Punch          |
| R                | ½ turn        |                       |
|                  |               | Low Block             |
|                  |               | Middle Punch          |
| L                | ¼ turn        |                       |
|                  |               | Low Block             |
|                  |               | Middle Punch          |
|                  |               | Middle Punch          |
|                  |               | Middle Punch (Kiyapp) |
| L                | ¾ turn        |                       |
|                  |               | Low Block             |
|                  |               | Middle Punch          |
| R                | ½ turn        |                       |
|                  |               | Low Block             |
|                  |               | Middle Punch          |
| L                | ¼ turn        |                       |
|                  |               | Low Block             |
|                  |               | Middle Punch          |
|                  |               | Middle Punch          |
|                  |               | Middle Punch (Kiyapp) |
| L                | ¾ turn        |                       |
|                  |               | Low Block             |
|                  |               | Middle Punch          |
| R                | ½ turn        |                       |
|                  |               | Low Block             |
|                  |               | Middle Punch          |

## *White Belt Basics*

### Front Stance

Jab/Cross

Middle Punch

Low Block

Middle Block

High Block

Spear Finger Attack

### Sitting Stance

## *White Belt Kicking Combination*

Front Kick/Side Kick

## *White Belt Self Defense*

Front Grab