



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
Knifehand Strike	Sonal Bakkat Chigi

Kicks

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

White Belt Themes

<p>5 TENETS OF TAEKWONDO</p> <ul style="list-style-type: none"> Integrity Courtesy Perseverance Self-Control Indomitable Spirit 	<p>HUMILITY</p> <p>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.</p>	<p>HOME RULE</p> <p>Eat healthy food. Understand what your body needs in order to perform at its peak performance. Good tasting food is not always healthy.</p>	<p>ANTI-BULLYING</p> <p>Stay in groups with your friends and be alert to others around you experience bullying.</p>	<p>MANNERS</p> <p>Use a quiet voice during all meals. Listen and do not interrupt adults who are speaking. Do not talk with food in your mouth.</p>
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White Belt Testing Requirements

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

<p>Self-Defense</p> <p>Each cycle we cover a rotating curriculum of self-defense strategies that the student will work to learn and become proficient.</p>	<p>Wooden Board Breaks</p> <p><i>Hand:</i> Palm-heel Strike</p> <p><i>Kick:</i> Front Kick</p>
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Sparring One-Steps

One steps challenge the student to practice targeting & 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 walking stance, right double outer forearm block. Kihap

One-Step #2

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

One-Step #3

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

Poomsae: Cha Um

Forms, or *poomsae*, are the foundation of Taekwondo training. Cha Um means *beginner's mind*.

#	SIDE	TECHNIQUE	STANCE	SECTION
1	LEFT	HIGH BLOCK	L. FRONT	HIGH
2	RIGHT	REV. PUNCH	L. FRONT	MID
3	LEFT	FRONT PUNCH	L. FRONT	MID
4	RIGHT	FRONT KICK	--	MID/HIGH
*	RIGHT	PALM STRIKE	R. FRONT	HIGH
5	LEFT	PALM STRIKE	R. FRONT	HIGH
6	LEFT	ROUND KICK	--	MID/HIGH
*	LEFT	KNIFEHAND STRIKE	MIDDLE	HIGH
7	LEFT	KNIFEHAND STRIKE	MIDDLE	HIGH
8	RIGHT	INNER FORM BLOCK	MIDDLE	HIGH
9	RIGHT	KNIFEHAND STRIKE	MIDDLE	HIGH
10	LEFT	FRONT PUNCH	L. FRONT	HIGH
11	RIGHT	HIGH BLOCK	R. FRONT	HIGH
12	LEFT	REV. PUNCH	R. FRONT	MID
13	RIGHT	FRONT PUNCH	R. FRONT	MID
14	LEFT	FRONT KICK	--	MID/HIGH
*	LEFT	PALM STRIKE	L. FRONT	HIGH
15	RIGHT	PALM STRIKE	L. FRONT	HIGH
16	RIGHT	ROUND KICK	--	MID/HIGH
*	RIGHT	KNIFEHAND STRIKE	MIDDLE	HIGH
17	RIGHT	KNIFEHAND STRIKE	MIDDLE	HIGH
18	LEFT	INNER FORM BLOCK	MIDDLE	HIGH
19	LEFT	KNIFEHAND STRIKE	MIDDLE	HIGH
20	RIGHT	FRONT PUNCH	R. FRONT	HIGH

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 an instructor.