



jhoon rhee tae kwon do

White Belt Curriculum

Basics, 1 - 5 (Defense and Offense)

Defensive techniques are executed in a stationary position. Offensive techniques are executed with a front foot step.

1. Front punch (Ap Joomok Chirugi).
2. Back punch (Deet Joomok Chirugi).
3. Front leg front kick (Ap Chagi).
4. Front leg side kick (Yop Chagi).
5. Front leg round kick (Tol Yo Chagi).

Technical Kick: Three-Count Front Kick

1. Front kick fold.
2. Front kick snap and refold.
3. Foot down.

Technical Kick: Four-Count Side Kick

1. Knee in side kick fold.
2. Side kick extension and hold.
3. Refold to side kick fold.
4. Foot down.

White Belt Form: Kamsah, meaning Appreciation

Form description available online.

Sparring Basics 1 - 3

Attacker: Shuffles forward in sparring stance (not crossing feet, staying sideways, guards up) and strikes with specified technique (see below.)

Defender: Shuffles backwards in sparring stance and blocks with specified block (see below.)

Partners alternate attacking and defending and use both sides.

1. *Attacker:* Offensive back fist.
Defender: Front hand side block.
2. *Attacker:* Offensive back punch.
Defender: Front hand down block
3. *Attacker:* Offensive front leg round kick.
Defender: Front hand push block.

White belt students beyond the trial program must have protective hand pads at each class.

Approximately 30 to 40 lessons, white to gold.