



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: Blocks and Counters, 1 - 5

Attacker: Steps forward first in guarding stance with left foot and loud yell.

Defender: Responds and steps back with right foot in guarding stance and loud yell.

1. *Attacker: Offensive front punch.
Defender: Block, (counter) back punch.**
2. *Attacker: Offensive back punch.
Defender: Block, back punch.**
3. *Attacker: Offensive front leg kick.
Defender: Step to side, block down with left hand, back punch* with right hand.*
4. *Attacker: Offensive front leg side kick.
Defender: Same as #3.*
5. *Attacker: Offensive front leg round kick.
Student: Step back, push block with front hand, front leg round kick.**

**Indicates when defender yells.*

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

Approximately 30 to 40 lessons, white to gold.