

Beginner (No Belt) Practice Skills to earn White Belt

Below are stances, skills, and questions we start to become familiar with as a new member at TopKick. These are skills that you will continue to strengthen and grow in on your journey to Black Belt. To earn your white belt you will demonstrate a basic knowledge and understanding of some of these skills and questions.

Enjoy your training and always ask your Instructor if you have any questions.

☐ Stance

- Attention (Chariot)
- Bow (Kyungye)
- Ready stance (Joonbee)
- Sparring stance

☐ Kicks / Blocks / Strikes

- Front snap kick
- Round kick
- Punch - Jab Punch (1), Power Punch (2), Jab & Power (1,2)
- Kick Strike of current (beginner) semester kicks/strikes in sparring stance.
- 1st block of (beginner) semester with designated stance.

☐ Korean Terminology and questions

- What do we call the Taekwondo uniform in Korean? *Dobok*
- What do we call the workout training area in Korean? *Dojang*
- How do we count 1-10 in Korean? *hana, dool, set, net, dauset, yauset, ilgop, yadual, ahop, yaul*
- Why do we bow in martial arts? *To show respect.*
- When do we bow in martial arts? *When entering and leaving the Dojang, greeting instructor, and as a courtesy to your classmates.*