

WHITE BELT REQUIREMENTS (10TH GUP)

BASIC BLOCKS:

English

1. Low Block
2. Inside/Outside Block
3. High Block
4. Outside/Inside Block
5. Center Punch
6. 2-Hand Double Block

Korean

- Ha Dan Mahk Kee
 Ahneso Phakeso Ro Mahk Kee
 Sang Dan Mahk Kee
 Phakeso Ahneso Uro Mahk Kee
 Choong Dan Kong Kyuk
 Ssang Soo Mahk Kee

BASIC KICKS:

1. Inside/Outside Kick
2. Outside/Inside Kick
3. Front Kick
4. Side Kick

- Ahneso Phakeso Ro Cha Ki
 Phakeso Ahneso Uro Cha Ki
 Ahp Cha Ki
 Yup Cha Ki

FORM:

Kicho Hyung IL Bu (Basic Form #1) Ideal Completion Time 25-30 sec Total # of Movements 20

Ki hap locations #1 last punch forward and #2 last punch backward - Total #2

Start	1	2	3	4	5	6	7-8	9	10
<i>Rhythm</i>	Single	Single	Single	Single	Single	Single	(S-S)	Single	Single
<i>ChoonBee (Stance)</i>	Front	Front	Front	Front	Front	Front	Front	Front	Front
<i>Move</i>	Low Block	Center Punch	Low Block	Center Punch	Low Block	Center Punch	Center Punch, Center Punch	Low Block	Center Punch
<i>Mics.</i>							Ki Hap 8		
	11	12	13	14	15-16	17	18	19	20
<i>Single</i>	Single	Single	Single	Single	(S-S)	Single	Single	Single	Single
<i>Front</i>	Front	Front	Front	Front	Front	Front	Front	Front	<i>Bah Roh</i>
<i>Low Block</i>	Center Punch	Low Block	Center Punch	Center Punch, Center Punch	Low Block	Center Punch	Low Block	Center Punch	
					Ki Hap 16				

(S-S) = Half Rhythm, S[] = Slow [Count], (Double-Single) = Double with Half Rhythm, P[] = Pause [Count]

ONE STEP FIGHTING (IL SOO SIK):

Hands 1&2

1	Get out of the way Block Punch	(Step 45° forward with right foot) (Left-hand in-out chop to attackers right wrist) (Right-hand punch to face)
2	Get out of the way Punch Block Punch	(Step 45° forward with right foot) (Left-hand punch) (Left-hand in-out chop to attackers right wrist) (Right-hand punch to face)

Kicking 1&2

1	Defend Front Kick Step in Punch Punch	(Bring your Hands up) (Right front kick) (Left to center) (Right to face)
2	Defend Turning Side Kick Step in Punch Punch	(Bring your Hands up) (Right side kick) (Left to center) (Right to face)

