

### Movements:

Star jumps counting	X 10
Push-ups counting	X 10
Front rising kick counting	X 10 each leg
Sitting stance middle forefist punch	X 10
Walking stance middle forefist punch	X 4 forwards
Walking stance inner forearm middle block	X 4 backwards
Walking stance inner forearm middle block/reverse punch	X 4 forwards
Walking stance outer forearm low block	X 4 backwards

### Pad work:

Punches counting in Korean	X4
Front pushing kick	X2
Turning kick	X2
Side-Fist	X2

### Self-defence:

Release + counters from wrist holds  
Blocking 10 various attacks with sticks

### Destruction:

Tiger knee strike  
Side fist downward strike

*\*This is a guide and the order and content can change on the day\*.*

### Theory-Questions for white belt students:

What does Taekwon-Do literally mean? / **The art of hand and foot**

Who is the father and founder of Taekwon-Do? / **Grand Master General Choi Hong Hi**

What country did Taekwon-Do come from? / **Korea**

When was Taekwon-Do officially recognised? / **April 11<sup>th</sup> 1955**

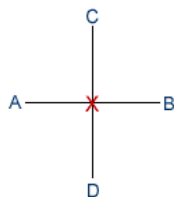
Spell Taekwon-Do / **T A E K W O N D O**

What does white belt signify? / **Innocence the beginner who has no previous knowledge of Taekwon-Do**

What are the five tenets of Taekwon-Do? / **Courtesy, Integrity, Perseverance, Self-control, Indomitable spirit.**

Count 1-10 in Korean/ 1= Hanna, 2= Dool, 3= Set, 4= Net, 5 =Tasut, 6= Hasut, 7= Ilgop, 8= Yaudul, 9= Ahope, 10= Yaul

### Pattern:



*The illustrations for this pattern assume that the student is standing on line AB facing D.*

1.

Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.

2.

Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.

3.

Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.

4.

Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.

5.

Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.

6.

Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.

7.

Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.

8.

Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.