

High White Belt (9th Gup)

Stances:

L-stance

Movement:

Slip forward

Slip back

Turning in L-stance

Hand techniques:

Hook punch

Knife hand strike

Blocks:

Middle block

Rising block

Kicks:

Side

Downward

Self Defense:

Lapel release and counter

Sparring:

Traditional 1 steps

Verbal knowledge:

Meaning of White and Yellow belt

Meaning of pattern Chon-Ji

Basic commands

Description of techniques

Pattern: Chon-Ji

(19 movements)