

## **White Belt (10<sup>th</sup> Gup)**

### **Stances:**

Parallel ready stance

Sparring

Walking

### **Movement:**

Step forward

Step back

Turning in walking stance

Switch in place

### **Hand techniques:**

Punch + Reverse punch

Jab

Cross

### **Blocks:**

Low block

### **Kicks:**

Front

Turning

### **Self Defense:**

Wrist release and counter

### **Sparring:**

3 steps

### **Verbal knowledge:**

School rules

Basic commands

Description of techniques

### **Pattern:** Chon-Ji

(first 8 movements)