



# WHITE BELT (To Gold Belt) EXAMINATION REQUIREMENTS

## BELT CONCEPT: HONESTY

### Yellow Tip: Notebook Requirement:

All students in grade school (Grade 12 and below) are required to keep a Tae Kwon Do notebook. Students must earn the yellow tip first before any of the other tips. Please refer to the notebook requirement sheet in the student manual. Once completed, submit the notebook to Master Rhee before your class. Not required for adults but highly suggested you keep one.

**Students must have a minimum of 10 classes to test for their second tip. 20 classes to test for their third tip.**  
**Tips do not have to be tested in the order presented.**

### Orange Tip: Count Kicks & Fitness

**3 Count Front Kick:** (kicks must be at least belt level)

1. Front kick fold
2. Front kick snap and re-fold
3. Foot down

**3 Count Round Kick:** (holding the wall / kicks must be at least belt level)

1. Round kick fold
2. Round kick snap and re-fold
3. Foot down

**4 Count Side Kick:** (holding the wall / kicks must be at least belt level)

1. Side kick chamber
2. Side kick extension and hold
3. Re-chamber
3. Foot down

**Fitness Test:** 10 good pushups and 30 sec. plank

### Green Tip: White Belt Basics 1-3

*Performed on left and right side*

*Defensive basics - executed in a stationary position / Offensive basics - executed with a front foot step and yell.*

<b>White Belt Basic # 1</b>	Front punch	(Ap Joomok Chirugi)
<b>White Belt Basic # 2</b>	Back punch	(Deet Joomok Chirugi)
<b>White Belt Basic # 3</b>	Front leg front kick	(Ap Chagi)

### Purple Tip: White Belt Basics 4 & 5

<b>White Belt Basic #4</b>	Front leg side kick	(Yop Chagi)
<b>White Belt Basic #5</b>	Front leg round kick	(Tol Yo Chagi)

### Blue Tip: Form

**"Kamsah"** form meaning "Appreciation" (please refer to picture diagram in the student manual)

### Red Tip: Blocks and Counters

*Instructor (Attacker) - Steps forward first in guarding stance with left foot and loud yell.*

*Student (Defender) - Responds and Steps back with right foot in guarding stance and loud yell.*

<b>Blocks and Counter #1</b>	Defense against front punch (side block)
<b>Blocks and Counter #2</b>	Defense against back punch (side block)
<b>Blocks and Counter #3</b>	Defense against front kick (down block)
<b>Blocks and Counter #4</b>	Defense against side kick (down block)
<b>Blocks and Counter #5</b>	Defense against round kick (palm / press block)

### Black Tip: Final Test (minimum 30 lessons)

Final testing will cover all curriculum learned thus far. Check your attendance card for a star stamp on the top left corner to see if you qualify for the final test. The following **must** be submitted to Master Rhee **before** the test day.

1. Typed paragraph on the importance of "**Honesty**" and where you can apply it to your life
2. Power Goal
3. TKD binder with all messages of the month since your enrollment, most recent report card, graduation application and test fee.

Upon passing the final test with the Master instructors, the final black tip will be given to you and placed lengthwise along your current belt. Students in high school and below must have a parent place the black tip along the width of the belt (at the tip) for final approval. Students who do not receive the black tip from their parents will not earn their new belt until the black tip is properly placed on the belt.