



World Song Moo Kwan Association

TAEKWONDO



10TH GUP -- WHITE BELT REQUIREMENTS

REQUIREMENTS TO TEST FOR YELLOW BELT

- Combinations #1 - 8
- Step/Slide Forward and Backward
- Stance and breathing
 - 1) Joonbi
 - 2) Front Stance
 - 3) Back Stance
 - 4) Kimase
 - 5) Walking Stance
 - 6) Gyroogi Joonbi
 - 7) Guarding Stance
- Rules and Regulations
- Terminologies
- How to Tie Belt
- Thesis: Respect

TECHNIQUES

- Blocking Techniques
 - Low Block
 - Middle Block
 - High Block
- Hand Techniques
 - Front Punch
 - Reverse Punch
 - Back Fist
 - Hammer Fist
 - 180-degrees Turn Hammer Fist
 - Ridgehand Strike
- Foot Techniques
 - Front Kick
 - Side Kick
 - Roundhouse Kick (single/double)

REQUIRED GEAR

- Uniform
- Song Moo Kwan, Korean and USA patches

LESSON REQUIREMENTS

- 10 - 15 lessons

PRIVATE LESSONS

- 1 lesson equals 2 regular classes

EXTRA CREDIT FOR TEST

- Participate in Demonstration
- Participate in Tournament