**KI BON HA NA (기본 하나)**

**White & Blue S**

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| **C:\Users\King\Desktop\kibon\IMG_9731 - 복사본.JPG** | **C:\Users\King\Desktop\kibon\IMG_9760 - 복사본.JPG** | | **C:\Users\King\Desktop\kibon\IMG_9761 - 복사본.JPG** | | **C:\Users\King\Desktop\kibon\IMG_9762 - 복사본.JPG** |
| **1** | **2** | | **3** | | **4** |
|  | | Low block | | Middle punch | Low block |
| Ready | | Long stance | | Long stance | Long stance |
|  | |  | |  |  |

|  |  |  |  |  |  |
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| **C:\Users\King\Desktop\kibon\IMG_9768 - 복사본.JPG** | **C:\Users\King\Desktop\kibon\IMG_9768 - 복사본.JPG** | **C:\Users\King\Desktop\kibon\IMG_9765 - 복사본.JPG** | **C:\Users\King\Desktop\kibon\IMG_9764 - 복사본.JPG** | **C:\Users\King\Desktop\kibon\IMG_9763 - 복사본.JPG** | |
| **9** | **8** | **7** | **6** | **5** | |
| Middle punch | | Low block | Middle punch | Low block | | Middle punch |
| Long stance | | Long stance | Long stance | Long stance | | Long stance |
| **KI HAP (Yelling)** | |  |  |  | |  |

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|  |  | **8,9** |  |  |  | **C:\Users\King\Desktop\kibon\IMG_9731 - 복사본.JPG** |
| **4,5** | **10** |  |  |  |  |
|  |  | **1** | **2,3** |  |  |
| **10** |
|  | **6,7** |  |  |  |  | **Ready stance** |

**Kwon’s Taekwondo Little Tigers Course**

**White & Green Stripe Belt**

|  |  |
| --- | --- |
| Stances | Attention, Ready stance, Horseback riding stance, Walking stance, Kicking stance, Long stance |
| Blocks | Low block, High block, In block, Out block |
| Strikes | Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist |
| **Form**  **(Yellow Stripe)** | **BASIC NUMBER ONE, TWO, THREE (1, 2, 3)** |
| **Kicking Techniques**  **(Blue Stripe)** | **ROUNDHOUSE KICK** |
| **Board Breaking**  **(Red Stripe)** | **ONE HAND and ONE KICK** |
| Kicking Combination | 1. Roundhouse kick - Front kick  2. Roundhouse kick - axe kick  3. Roundhouse kick - front kick - axe kick |
| **Korean Terms** | 1. **What is your master’s name?**–Young Min Kwon Sir!  2. **What do you learn at this school?**–Tae Kwon Do Sir!  3. What is your parents name?  4. What is your parents phone number?  5. **SA BUM NIM -** Master instructor  6. **KAM SA HAM NI DA** – Thank you  7. **AN NYUNG HA SE YO?** - How are you?  8. **AN NYUNG HI GEI SE YO** – Good bye  9. **CHA RYEOT** - Attention  10. **KYEUNG NAE** - Bow  11. **JUN BEE** - Ready  12. SHI JAK - Begin  13. BA RO - Return  14. KI HAP - Yelling  15. **Korean counting 11 – 20** |

**Testing for White & Purple Stripe Belt**

Student must have 4 for color tips (White, Yellow, Blue, Red)

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| --- |
| **Techniques you will be asked to demonstrate**   * Basic stances, strikes, blocks * Kicking Techniques / Kicking combinations * BASIC NUMBER ONE, TWO, THREE (1, 2, 3) * Breaking Board (One hand, One kick) * Korean Terms / Physical Fitness (15 Push up, 15 Sit up) |