**KI BON HA NA (기본 하나)**

**White & Blue S**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |
|  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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)** |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **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 instructor6. **KAM SA HAM NI DA** – Thank you7. **AN NYUNG HA SE YO?** - How are you?8. **AN NYUNG HI GEI SE YO** – Good bye9. **CHA RYEOT** - Attention10. **KYEUNG NAE** - Bow11. **JUN BEE** - Ready12. SHI JAK - Begin13. BA RO - Return14. KI HAP - Yelling15. **Korean counting 11 – 20** |

**Testing for White & Purple Stripe Belt**

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

|  |
| --- |
| **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)
 |