

White Belt Curriculum

22B

Horse Stance:	Step with right leg, kihap.
Straight Punch:	Punch with right hand, kihap.
Straight Punch:	Punch with left hand, kihap.
Upper Block:	Upper block with right hand
Upper Block:	Upper block with left hand.
Down Block:	Down block with right hand.
Down Block:	Down block with left hand.
Inside Block:	Inside block with right hand.
Inside Block:	Inside block with left hand.
Outside Block:	Outside block with right hand.
Outside Block:	Outside block with left hand.
Salutation:	Right foot steps in, left palm over right fist, feet together.
Fighting Stance:	Step back with right foot, kihap.
Front Kick:	Front kick with right leg stepping forward.
Front Kick:	Front kick with left leg stepping forward.
Turn and Shout:	Turn upper body, kihap.
Sliding Side Kick:	Sliding side kick with the right leg.
Turn and Shout:	Turn upper body, kihap.
Sliding Side Kick:	Sliding side kick with the left leg.
Back Fist:	Back fist with the left hand.
Reverse Punch:	Reverse punch with right hand, kihap.
Salutation:	Step back with left foot, feet together, salutation position.

Self Defense Number 1: Choke Hold

Make a triangle with both of your hands at your throat, pressing your opponent's wrists together. As you press your hands forward, pushing their hands away, step back with your right foot. Separate their hands a bit, then groin snap kick with your right foot. Elbow smash with your right elbow.

One-Step #1

Step to the right Front kick with the left leg
Front kick with the right leg
Double Punch, kihap

Front Kick Combination

Rear leg front kick (R)
Sliding front kick (R)
Jump front kick (R)
Pop-up front kick (L)
Double punch, kihap (L,R)