



WHITE BELT Stripe Requirements

1st Black Stripe:

1. Perform high block and two punches in front stance, without assistance
2. Good Attendance & Consistent Effort

2nd Black Stripe:

1. Perform low block and two punches in a front stance, without assistance
2. Good Attendance & Consistent Effort

3rd Black Stripe:

1. Perform inner forearm block and back fist in a back stance, without assistance
2. Good Attendance & Consistent Effort

Yellow Stripe:

1. Perform Chun Ji to the first Kiap, without assistance
2. Demonstrate a Front Kick
3. Recite the name of the Form
3. Good Attendance
4. Consistent Effort

Green Stripe:

1. Twelve combinations of Chun Ji, without assistance
2. Demonstrate an Outside Crescent Kick
3. Recite the Tenets of TaeKwonDo
4. Good Attendance
5. Consistent Effort

Blue Stripe:

1. Demonstrate all 16 combinations of Chun Ji, without assistance
2. Demonstrate a Side Kick
3. Explain meaning of White Belt
4. Good Attendance
5. Consistent Effort

Brown Stripe:

1. One Step #1
2. First Part of Student Oath
3. Good Attendance
4. Consistent Effort

Red Stripe:

1. One Step #2
2. Second Part of Student Oath
3. Good Attendance
4. Consistent Effort

Last Black Stripe:

1. One Step #3 (adults #3 and #4)
2. Self Defense
3. Third Part of Student Oath
4. Good Attendance
5. Consistent Effort



KICKSIDE MARTIAL ARTS

To Earn a Yellow Belt:

Students must be able to perform all skills listed above upon request.

Minimum of 24 classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.

WHITE BELT Study Guide

White Belt:

Form: Chun Ji

Meaning of Chun Ji: The form means Heaven and Earth, the low blocks in the form represents “Earth” (dirt); the inner forearm blocks represent Heaven (sky). Literal translation is Dirt and Sky.

Number of Combinations: 16

Five Tenets of TAEKWONDO:

Courtesy (nice)

Integrity (honest)

Perseverance (never give up)

Self Control (Mind over Body)

Indomitable Spirit (the feeling of knowing you can accomplish anything)

The Color White represents purity and innocence, no knowledge of TaeKwonDo. Like a seed just planted

TaeKwonDo is the “Way of Hand and Foot” or is also known as the art of kicking and punching.