

# HIGH WHITE BELT

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## Techniques

1. All lower belt techniques
2. Back fist
3. Knife-hand strike
4. Walking stance punch
5. Walking stance double punch
6. Sitting stance double punch
7. High front rising up
8. Side rising up
9. Ax kick
10. Crescent kick
11. Reverse crescent kick
12. Palm block

## Three Step Sparring

Review 1-4

## One Step Self Defense

1. Step back to L-stance with knife-hand block followed by a reverse punch then guarding block.
2. Step back to L-stance with inner forearm block followed by a reverse punch then guarding block.
3. Step back to walking stance with outer forearm block followed by a reverse punch then guarding block.
4. Step inside to sitting stance with a knife-hand block/punch combination then step back to guarding block.
5. Step outside to sitting stance with knife-hand block followed by a double punch then step back to guarding block.

## Sparring Combinations

1. Double Punch
2. Double Punch - Rear Leg Front Kick
3. Double Punch - Rear Leg Front Kick - Back Fist
4. Front Leg Front Kick - Back Fist

## Written Requirements

Adults: Written explanation of the Tenets and how they apply to Taekwon-Do training and everyday life.

Children: Written, personal and dictionary, definitions of the Tenets of Taekwon-Do.



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## Pattern

1. All lower belt patterns
2. Chon-Ji

## Vocabulary

1. Chon-Ji: means literally the “Heaven and the Earth”. It is, in the orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth. 19 movements.
2. Bow - Kyung Nyeh
3. Classroom - Do Jang
4. Uniform - Dobuk
5. Pattern/Form - Tul
6. Attention - Charyut
7. Begin/Start - Shijak
8. Stop - Kuman
9. Return - Bahrote
10. Relax - Sho
11. Yell - Kihap
12. Numbers 1-10
  - a. one - hana
  - b. two - dool
  - c. three - set
  - d. four - net
  - e. five - dasut
  - f. six - yasut
  - g. seven - eel gob
  - h. eight - yahdul
  - i. nine - ah hop
  - j. ten - yul

## What to expect from this belt:

For children this is the time that they begin to feel a bit more comfortable in their training. They have spent several months learning the basics and now begin learning self-defense, sparring combinations and begin to learn what the translations of the Korean words used in class are. Tag sparring also gets easier as they begin to learn the movements of others and their own reactive movements. With some children, learning Chon-Ji can be quite a challenge, encouraging patience and Indomitable Spirit usually does the trick, regular class attendance also helps.

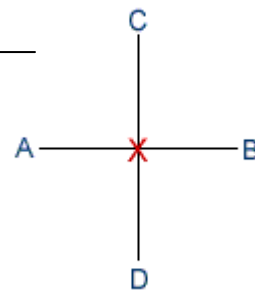
Adults tend to feel the same increase in comfort for the same reasons that children grow in comfort. The blocks that can hit adults usually center on the One-Steps/Self Defense Combinations. The stepping motions are complicated and sometimes frustrating. Adults want to remember that being a beginner means that you do not have to know things perfectly (Mr. B has been training for a long time and still works on his basic techniques).



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**Chon-Ji**  
**High White/9<sup>th</sup> Grade**  
**Movements: 19**  
**Ready Posture: Parallel Ready Stance**

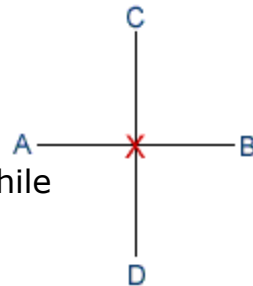


1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.



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**12.** Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.

**13.** Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.

**14.** Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.

**15.** Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.

**16.** Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.

**17.** Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.

**18.** Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.

**19.** Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.

**END:** Bring the left foot back to a ready posture.

가주 태권도 명예  
Mr. B's  
TaeKwon Do

