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High White Belts Syllabus

1. Sitting stance punches

From junbee, move left leg to the left into sitting stance. Starting with left hand:

- ❖ 8 single punches
- ❖ 4 double punches
- ❖ 1 single punch
- ❖ 4 double punches
- ❖ 3 triple punches

Kihap (shout) must be performed on the first count of each set! During 3 triple punches shouting Tae Kwon Do

2. Stretching/conditioning kicks

From junbee, move left leg into forward stance (double forearm side blocks).

Starting with right leg:

- ❖ Front stretch kick
- ❖ Side stretch kick
- ❖ Adduction kick (Outside to inside)
- ❖ Abduction kick (Inside to outside)

Each kick to be performed 3 times each leg. Kihap when changing legs!

3. Basic kicks

From junbee, move left leg forward into forward stance (double forearm side blocks).

Starting with right leg:

- ❖ Front thrust kick (Once performed slow motion and twice normal speed)
- ❖ Side thrust kick (normal speed 3 times each leg).
Change of stance from forward to L-shape stance and guarding block
- ❖ Chop kick (normal speed 3 times each leg)
- ❖ Turning/roundhouse kick (normal speed 3 times each leg)

Each kick to be performed 3 times each leg. Kihap when changing legs!

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4. Basic single motions

From junbee moving forward in walking stance. Starting with left leg and left hand:

- ❖ Low section block
- ❖ Mid-section punch
- ❖ Mid-section inside block
- ❖ Opposing-hand punch (starting left leg and right hand)
- ❖ High-section block
- ❖ High section punch

Each set to be performed three steps forward and three steps backward

5. Basic double motions

From junbee moving forward in forward stance. Starting with left leg and left hand

- ❖ Low-section block + mid-section punch
- ❖ Mid-section inside block + mid-section punch
- ❖ High-section block + high section punch

Each set to be performed three steps forward and three steps backward

6. Self-defence

- ❖ 3 sets (hair, collar, double wrist grab)

7. Push-ups

- ❖ 10 push-ups