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## White Belt Syllabus

### 1. Setting 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).<sup>[SEP]</sup>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. Self-defence

- 2 sets (hair and collar grab)

## 6. Push-ups

- 10 push-ups

