

White Belt Requirements



Student Development: *Fitness*

- Danjun ho hup elbon
- Danjun ho hup ebon
- Danjun ho hup sumbon

- Fighting stance
- Horse stance

- Step forward/backward into fighting stance
- Shuffle forward/backward into fighting stance

- Single block
- Double block

- Front shoulder roll from kneeling position

- Horse stance punching
- Horse stance elbow strike

- Heel kick
- Knife kick
- Spear kick
- Inside-thigh kick
- Inside Crescent kick
- Outside Crescent kick

- Escape/ Defence from wrist grab

- Basic commands and counting