



On a Quest to be my Best

White Belt

Curriculum

Testing Requirements

Belt Promotion Resources

Curriculum
Stripping Requirements
White Belt



10th Rank (gup)

Stripping Guide Lines for Children - White Belt (10th gup)

To Earn 1st Tip Stripe

Hands

Proper Fist:

Roll Fingers Tight / Thumb on Index Finger / Flat Wrist.

Jab punch off lead leg

Cross punch off rear leg

Stances

Attention Stance

Self Defense Stance

Fighting Stance

Self Defense

Bad Dog Voice - with proper feet and hand position (*hands up position using "back-off" or "leave me alone".*)

Kicks

Rear Leg Knee strike - return to the fighting stance

Rear Leg Front kick - return to the fighting stance

Tasks

Explain how to enter the school, and where to put their shoes and jacket.

Demonstrate; Come to Attention and Bow.

To Earn 2nd Tip Stripe

Hands

Elbow Strike lead and rear legs

- Self Defense

2 Wrist Grabs:

Straight Across Grab

2 Handed grab

- Ground Work

Summersault & Stand up

- Kicks

Rear Knee strike and step forward

Rear Leg Front kick and step forward

Task

The Three Rules of Concentration

"Focus my eyes" (point to eyes)

"Focus my mind" (both hands on the side of head)

"Focus my body" (while you come to an Attention stance)

Stripping Guide Lines for Children - White Belt (10th gup)

To Earn 3rd Tip Stripe

Cho - Shim

Moves 1 thru 3 & 7 thru 9
(See reference pages)

Self Defense

Pushing Front Kick w/ Bad Dog
Voice

4 Corner Blocking - Defense

Use Reference page in back. Minimum requirement is first 4 techniques.

Ground Work

Summersault & Stand up in a Self
Defense Stance and Execute 4
Corner Block Defense

Kicks

Front Kick - lead leg kick

Task

15 Act of Kindness on AoK page

To Earn 4th Tip Stripe

**All of the Techniques and Tasks
that have been taught from
Stripe 1 thru 3.**

**A list of Chores done by student
at home.**

*(list does not include your
bedroom)*

Intent to Promote.

(signed by parent and teacher)

Polite Greeting:

*Come to attention & bow / extend
hand & greet / Making continued
eye contact until done!*

SONOMA TAEKWONDO CENTER

***Testing and Belt Promotion
Requirements
for
White Belt***



10th Rank (gup)

10th Rank - White Belt Testing, Attendance and Promotion

Testing

Testing will be conducted in class with all current White belt curriculum you have just completed.

To advance to next belt color you will need to receive an average grade of 3 out of 5 on each item.

Attendance Requirements

To complete your promotion requirements you will need to attend a minimum of 10 classes and 4 weeks of training

Belt Promotion

To complete your promotion requirements you will need to turn in an Intent to Promote signed by your parents and your teacher with a list of Chores you do for your family.

Directions for Intent to Promote:

Print the *Intent to Promote (from the reference section)*.

- Have your parents give you a score from 1 to 10 that corresponds with your attitude and cooperation at home over the last 6 to 8 weeks.
- Have your teacher give you a score from 1 to 10 that corresponds with your attitude and cooperation at school over the last 6 to 8 weeks.
- Once completed return paper to your instructor.

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Reference Material
White Belt



10th Rank (gup)

10th Rank - White Belt Curriculum

4 Corner Blocking

Start in fighting stance, re-chamber hands to fighting position at each count.

Use these words below as you execute the techniques

For the Defending Techniques say these words as you do the techniques

- 1) Lower Defense, 2) Lower Defense
- 3) Middle Defense, 4) Middle Defense
- 5) Cover up, 6) Cover up
- 7) Leg block, 8) Leg block

Defensive Techniques

- 1) Lead leg low defense
- 2) Rear leg low defense
- 3) Lead leg middle defense (middle)
- 4) Rear leg middle defense (middle)
- 5) Lead leg hook punch defense
- 6) Rear leg hook punch defense
- 7) Lead Side Leg Block
- 8) Rear Side Leg Block

10th Rank - White Belt Curriculum

CHO-SHIM (Beginners Mind)

Meaning of Pattern: literal meaning – (beginners mind). To approach your workout as a beginner, willing to learn, no matter how high your rank, or how long you have been training.

Number of Moves 12

Kihaps 6 & 12

Ready Posture: Parallel Ready Stance

<u>Technique</u>	<u>Stance</u>	<u>Section</u>
1) Lt. Upper Defense	Fighting (rt. leg back)	High
2) Rt. Rev. Punch	No Change	Middle
3) Rear Leg Front Kick		Middle
4) Rt. Low Defense	Fighting (lt. leg back)	Low
5) Lt. Elbow Strike (step w/ rear leg)	Fighting (rt. leg back)	Jaw Line
6) Lt. Knife hand Strike (kihap)	Middle	Neck
7) Rt. Upper Defense	Fighting (lt. leg back)	High
8) Lt. Rev Punch	No Change	Middle
9) Rear Leg Front Kick		Middle
10) Lt. Low Defense	Fighting (rt. leg back)	Low
11) Rt. Elbow Strike (step w/rear leg)	Fighting (lt. leg back)	Jaw Line
12) Rt. Knife hand Strike (kihap)	Middle	Neck

Bahroh– Bring Left Foot Back to Ready Stance

SONOMA TAEKWONDO CENTER

18909 Sonoma Highway, Sonoma, Ca., 95476
(707) 935-7118

Notice of Intent to Promote _____

(Students Name)

Date issued; ___/___/___

Date returned; ___/___/___

Dear Parents and Teachers,

New Rank; _____

Our main objective at Sonoma Taekwondo Center is to help you develop a well rounded child, not only at Sonoma Taekwondo Center, but within our community as well.

Our school teaches the principles of Black Belt Excellence means Personal Excellence. Not only do students become black belts in martial arts, but they also strive to become academic black belts and eventually, corporate black belts or black belt employees. We use black belt as a metaphor for personal excellence.

In order to monitor our students progress towards these goals, we respectfully request that you complete the following. Please return this form to the student as soon as possible. They cannot be promoted until all of their paper work is turned in.

1. This student is respectful, doing satisfactory work and receiving passing grades.

(circle one) 1 2 3 4 5 6 7 8 9 10 (5 is average and 10 is perfect)

Teachers signature

_____/_____/_____
Date

2. My son / daughter has been behaving in a respectful manner and cooperating at home

(circle one) 1 2 3 4 5 6 7 8 9 10 (5 is average and 10 is perfect)

Please Note: Parents on the back of this Intent include a list of chores (other than their bedroom) your child does at home or for others.

Parents signature

_____/_____/_____
Date

If our students do not meet any of these qualifications either at home, at school, or here at Sonoma Taekwondo Center, we will hold the students promotion until there has been satisfactory improvement.

If you have any direct feedback beyond the scope of this form, please feel free to write on a separate piece of paper, or call our Senior Instructor (Patrick Hoffmann) directly. 935-7118 Thank you for your cooperation.

Sincerely,

Head Instructor
Sonoma Taekwondo

Acts of Kindness Page

1		White Belts
2		Need to do
3		15
4		Yellow Belts
5		Need to do
6		15
7		Green Belts
8		Need to do
9		20
10		Blue Belts
11		Need to do
12		25
13		Red Belts
14		Need to do
15		30
16		Poome belts
17		Need to do
18		35
19		
20		

Use this form to list your Acts of Kindness. An AoK can be something as small as a smile, a hello, a hug or holding a door open, it could be; you getting your chores done without being told, it could be any act that makes another person happier, or their day easier. Something that shows kindness, courtesy, or respect.

Reminder; This task is as important as any other part of your curriculum, you will not be able to promote to the next level without this form completed and returned to your instructor.