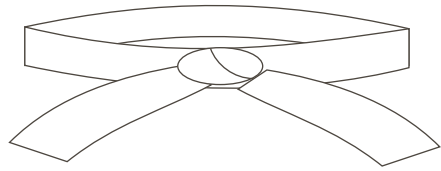
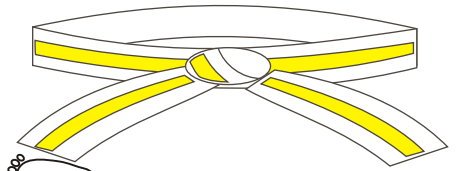


White Belt (10th Kup)



10 basic techniques required

Going for yellow tag (9th Kup)



1. Attention (Charyeot)



Position of feet in attention and bow

2. Bow (Kyeong-Re)



3. Ready (Chumbi)



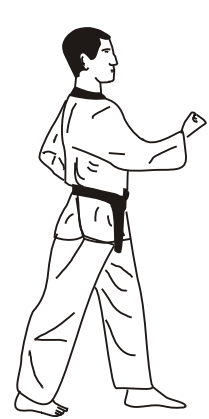
CORRECT

Position of feet in Chumbi

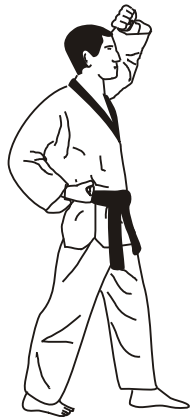


INCORRECT

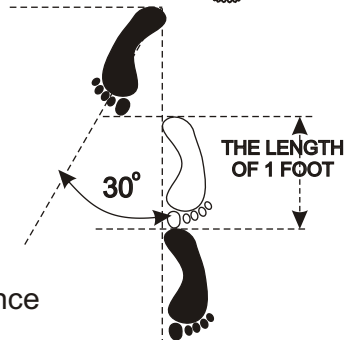
Feet should be parallel.



4. Middle Block in Walking Stance

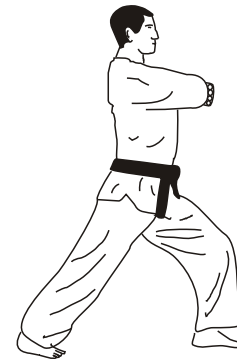


5. High Block in Walking Stance



Position of feet in walking stance

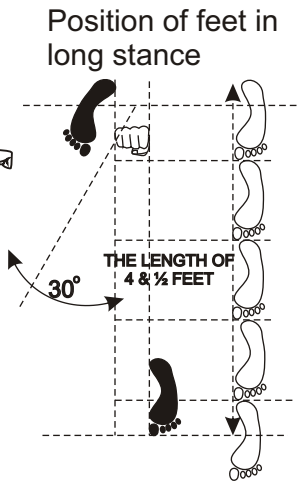
6. Low Block in Long Stance



7. Elbow strike in Long Stance



8. Middle Punch in Long Stance



Position of feet in long stance

THE LENGTH OF 4 & 1/2 FEET

Paddle Kicking

Demonstration of basic kicking accuracy

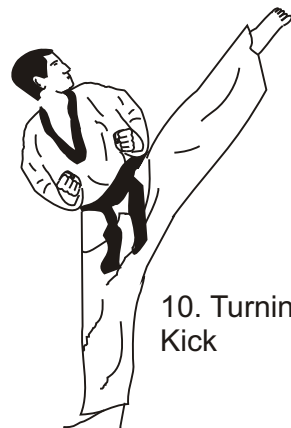
Sparring

1 for 1 kicking

Free Sparring (No contact)



9. Front Kick



10. Turning Kick

