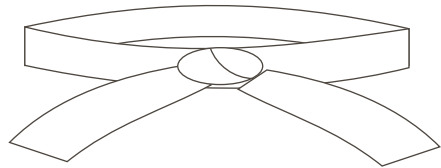


White Belt (10th Kup)



1. Attention (Charyeot)



10 basic techniques required

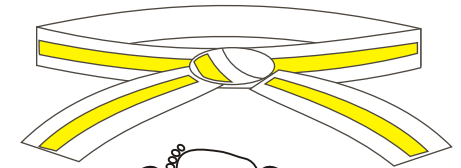


Position of feet in attention and bow

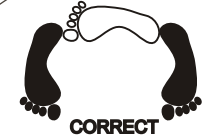
2. Bow (Kyeong-Re)



Going for yellow tag (9th Kup)



Position of feet in Chumbi



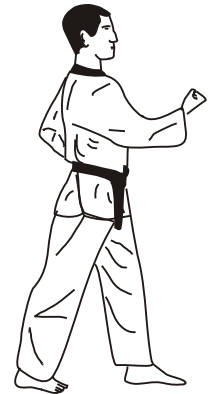
CORRECT



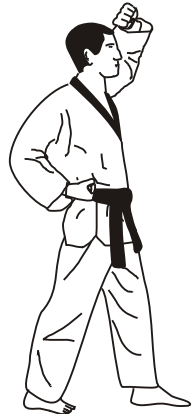
INCORRECT

Feet should be parallel.

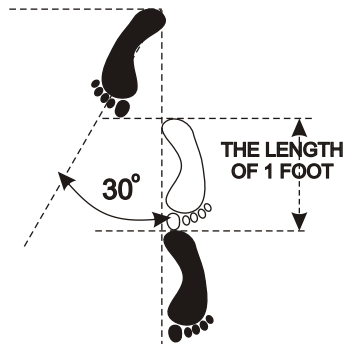
3. Ready (Chumbi)



4. Middle Block in Walking Stance

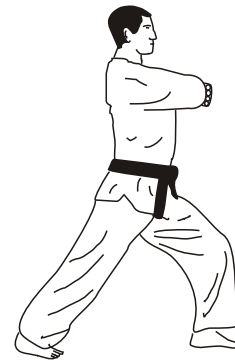


5. High Block in Walking Stance



Position of feet in walking stance

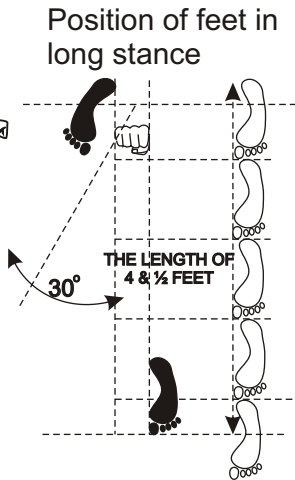
6. Low Block in Long Stance



7. Elbow strike in Long Stance



8. Middle Punch in Long Stance



Position of feet in long stance

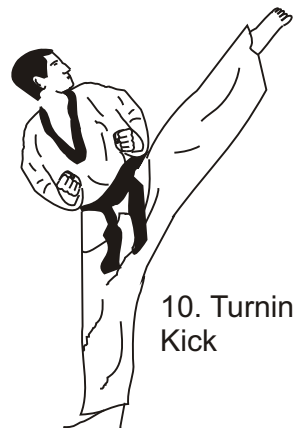
THE LENGTH OF 4 & 1/2 FEET

Paddle Kicking

Demonstration of basic kicking accuracy



9. Front Kick



10. Turning Kick



Sparring

1 for 1 kicking

Free Sparring (No contact)