

CLUB TAEKWONDO

have an active lifestyle . . .

WHITE BELT PROMOTION TEST REVIEWER

I. Brief History


Taekwondo is unarmed Korean martial art developed 2,000 years ago during the Silla dynasty where it was then known as Tae Kyon employing mainly feet movements. Through constant study, combined hand and feet movement was developed forming a very skillful self-defense now known as Taekwondo.

“Taekwondo” is a combination of three Korean words:

- **Tae** - to kick or smash with the feet
- **Kwon** - to punch or to destroy with hands or fists
- **Do** - the art, method or way

II. Tenets of Taekwondo	III. Basic Kicks	IV. Basic Blocks	V. Basic Stances
1. Self-confidence 2. Perseverance 3. Indomitable spirit 4. Modesty 5. Etiquette	1. Stretching Kick 2. In-Out Kick 3. Out-In Kick 4. Front Kick 5. Side Kick 6. 45 Degrees Kick	1. Downward 2. Upward 3. Knife-hand 4. Knife-hand middle 5. Double-arm middle	1. Joonbi 2. Horse-riding 3. Forward 4. Backward 5. Fighting

VI. Foundation Form

 INSTRUCTOR	Foundation Form # 1 1. Downward Block 2. Middle Punch 3. Downward Block 4. Middle Punch 5. Downward Block 6. Middle Punch 7. Middle Punch 8. Middle Punch (shout) 9. Downward Block 10. Middle Punch 11. Downward Block 12. Middle Punch 13. Downward Block 14. Middle Punch 15. Middle Punch 16. Middle Punch (shout) 17. Downward Block 18. Middle Punch 19. Downward Block 20. Middle Punch (shout)	Foundation Form # 2 1. Upper Block 2. Front Kick, Middle Punch 3. Upper Block 4. Front Kick, Middle Punch 5. Downward Block 6. Upper Punch 7. Upper Punch 8. Upper Punch (shout) 9. Upper Block 10. Front Kick, Middle Punch 11. Upper Block 12. Front Kick, Middle Punch 13. Downward Block 14. Upper Punch 15. Upper Punch 16. Upper Punch (shout) 17. Upper Block 18. Front Kick, Middle Punch 19. Upper Block 20. Front Kick, Middle Punch																												
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VII. White Belt Self Defense (always start with two (2) Knife-hand Blocks)

- No. 1 -Knife-hand block & knife-hand neck chop grab the wrist to pull target then right hand neck chop (shout)
- No. 2 -Knife-hand block & upper punch, double middle punch (shout)
- No. 3 -Upper block, upper punch (shout)
- No. 4 -Palm block with left hand, double middle punch on side of torso (shout)
- No. 5 -Right foot back, left side kick

VIII. Korean Terminologies

- 1. Charyeot - Attention
- 2. Kyeung Re - Bow
- 3. Joonbi - Ready
- 4. Sa Bum Nim - Instructor

IX. Philippine Taekwondo Association Officer

- Chairman – Patricio L. Lim
- President – Robert N. Aventejado
- Vice President and Chief Instructor - Sung Chon Hong

GOOD LUCK!!!