

TKD No-Belt Basic Kicks:

1. Straight Leg
2. In-to-Out
3. Out-to-In
4. front
5. Snap
6. 45 degree
7. Roundhouse
8. Side

Requirements for White Belt promotion:

- ☯ Student should learn kicks by both name and number.
- ☯ Must recite student creed & 5 tenets.
- ☯ **Know the following:**

1. What do you do when you see an Instructor &/or Black Belt?
2. How do you address an Instructor &/or Black Belt?
3. Show a good understanding of tenets.

