

## White Belt Kicks:

1. Front - Jump Front
2. Roundhouse - Skip Roundhouse
3. Side - Step Behind Side

## White Belt Basics:

### Kicks:

1. Straight leg
2. In-to-Out
3. Out-to-In
4. Snap
5. Roundhouse

### Stances

Front Stance  
Back Stance  
Horse Stance

Tae Kyuk Il Jang  
(1<sup>st</sup> Taegeuk form)

from joonbi.

Look left, pivot on right foot turning 90 degrees counter clockwise to left walking stance, left low block.

Step forward to right walking stance, front punch.

Look over right shoulder, pivot on left foot turning 180 degrees clockwise to right walking stance, right low block.

Step forward to left walking stance, front punch.

Look over left shoulder to front, pivot on right foot turning 90 degrees counter clockwise to left front stance, left low block followed by reverse punch.

Look right, pivot on left foot turning 90 degrees clockwise to right walking stance, left middle outer forearm out-to-in block.

Step forward to left walking stance, reverse punch.

Look over left shoulder; pivot on right foot turning 180 degrees counter clockwise to left walking stance, right middle outer forearm out-to-in block.

Step forward to right walking stance, reverse punch.

Look right, pivot on left foot turning 90 degrees clockwise to right front stance, right low block followed by reverse punch.

Look left, pivot on right foot turning 90 degrees counter clockwise to left walking stance, left high block.

Moving forward with right front kick, chamber and land in right walking stance, front punch.

Look over right shoulder, pivot on left foot turning 180 degrees clockwise to right walking stance, right high block.

Moving forward with left front kick, chamber and land in left walking stance, front punch.

Look right, pivot on right foot turning 90 degrees clockwise to left front stance, left low block.

Step forward to right front stance, front punch with a yell.

Return to joonbi: look over left shoulder; pivot on right foot turning 180 degrees counter clockwise.