

## White Belt Curriculum

### 22B

<b>Horse Stance:</b>	Step with right leg, kihap.
<b>Straight Punch:</b>	Punch with right hand, kihap.
<b>Straight Punch:</b>	Punch with left hand, kihap.
<b>Upper Block:</b>	Upper block with right hand
<b>Upper Block:</b>	Upper block with left hand.
<b>Down Block:</b>	Down block with right hand.
<b>Down Block:</b>	Down block with left hand.
<b>Inside Block:</b>	Inside block with right hand.
<b>Inside Block:</b>	Inside block with left hand.
<b>Outside Block:</b>	Outside block with right hand.
<b>Outside Block:</b>	Outside block with left hand.
<b>Salutation:</b>	Right foot steps in, left palm over right fist, feet together.
<b>Fighting Stance:</b>	Step back with right foot, kihap.
<b>Front Kick:</b>	Front kick with right leg stepping forward.
<b>Front Kick:</b>	Front kick with left leg stepping forward.
<b>Turn and Shout:</b>	Turn upper body, kihap.
<b>Sliding Side Kick:</b>	Sliding side kick with the right leg.
<b>Turn and Shout:</b>	Turn upper body, kihap.
<b>Sliding Side Kick:</b>	Sliding side kick with the left leg.
<b>Back Fist:</b>	Back fist with the left hand.
<b>Reverse Punch:</b>	Reverse punch with right hand, kihap.
<b>Salutation:</b>	Step back with left foot, feet together, salutation position.

### Front Kick Combination

Rear leg front kick (R)  
Sliding front kick (R)  
Jump front kick (R)  
Pop-up front kick (R)  
Double punch, kihap (L,R)