

White Belt Curriculum

22B

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