

PARK'S MARTIAL ARTS

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WHITE BELT

BELT MEANING

The student is humble and pure in mind. The student has very little experience or knowledge in martial arts.

REQUIREMENTS

<White belt to Yellow belt>

1. BASIC STANCES
2. TEN BASIC MOTIONS-
(English and Korean version)
3. FORWARD HANDS TECHNIQUE (Adult only)
4. BOUNCE TAE KWON DO PUNCHES
5. BOUNCE TAE KWON DO KICKS
6. FORWARD KICKING COMBINATION
7. SELF-DEFENSE -
(high, outer, lower, double chest block, and punch)
8. FORM – Kam Sa Hyung
9. BREAKING - Hammer fist
10. THE 5 PILLARS OF TAE KWON DO
11. TERMINOLOGY TEST
12. PROMOTION QUALIFICATION-
 - 1) 2 – 2 ½ months & up to 15 classes
 - 2) Instructor's approval

TERMINOLOGY

ENGLISH

Lower Block
Inner Block
Outer Block
High Block

KOREAN

Ah re mak gi
ahn mak gi
Bah got mak gi
Eol gul mak gi

COUNTING

1. Hana
2. Dul
3. Set
4. Net
5. Dasot
6. Yasot
7. Ilgub
8. Yodol
9. Ahob
10. Yol

What martial art style are you studying and from what country is it?

I am studying Tae Kwon Do and it originated in Korea.

THE 5 PILLARS OF TAE KWON DO

RESPECT

HUMILITY

PERSEVERANCE

SELF CONTROL

HONESTY.....SIR