

# White Belt Study Card

Requirement	White Belt	White - Blue Tip	White - 2 Blue Tips
Stances	Ready Stance, Front Stance		
Blocking	Low Block, High Block		
Striking	Back fist, Reverse Punch		
Kicking	Front Kick, Roundhouse Kick, Inside/Outside Kick		
Forms	One-half Basic Form 1		
One-Steps	#1		
Sparring Combos		#1	
Self-Defense			Cross hand #1
Terminology			1-10
Essay			"Why I decided to study martial arts."

# Student Promotion Qualifier Card – White Belt

Name: \_\_\_\_\_ Emergency Contact/#: \_\_\_\_\_  
 Start Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Renewal Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Basic Membership \_\_\_\_\_ Black Belt Club \_\_\_\_\_  
 \_\_\_\_\_ Tournament \_\_\_\_\_ Referral \_\_\_\_\_ Academic Achievement \_\_\_\_\_ Report Card \_\_\_\_\_ Chore List \_\_\_\_\_

Requirement	1st	2nd	Tip	3rd	4th	Comments
1. Basic Movements (Gi Cho):						
1. Ready & Front Stances						
2. Low Block; High Block						
3. Back fist; Reverse Punch						
4. Front Kick						
5. Roundhouse Kick						
6. Inside/Outside Kick						
2. Hyung:	NA	NA	NA	NA	NA	
3. One-Step #1						
4. Sparring Combo #1						
5. Self-Defense (Cross #1)						
6. Breaking:						
7. Terminology 1-10						
1. The Art You Study						
2. Our Style of the Art						
3. Founder of our Style						
4. Kwan Jang (Nim)						
5. Sa Bom (Nim)						
6. Kyo Sa (Nim)						
7. Son Saeng (Nim)						
8. Jo Kyo (Nim)						
9. Studio						
10. Choon Bee						
8. Essay (1-2 pages, typed)						

## Attendance

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16