

NAME: _____

WHITE Belt Curriculum

You Must Know & Understand

Your Form: Basic Form H1

Your Stances:

Your Kick:

Front Stance

Front Kick, Front Kick, Front Kick

Riding Horse Stance

Your Breaking: Downward Punch

Fighting Stance

Your Basic Hand techniques:

Low Block

Middle Punch

High Block

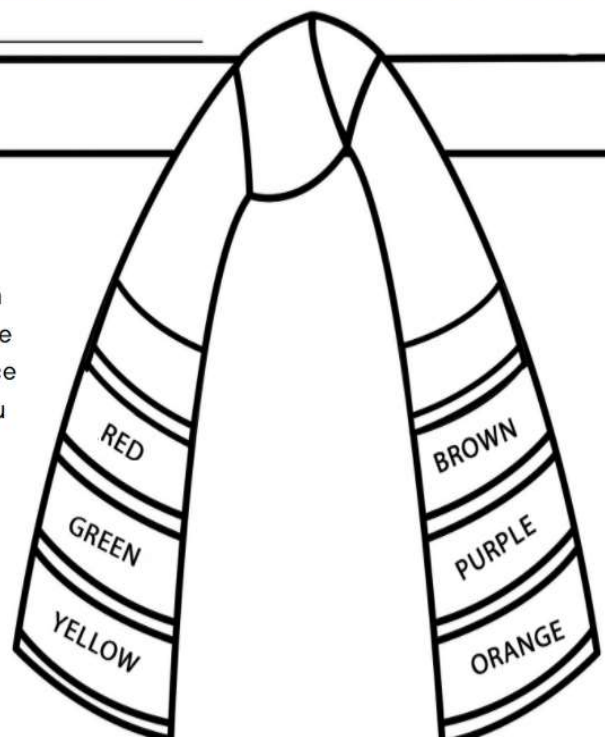
High Punch

EAGLE TAEKWONDO

Name: _____

Color your belt color.
Color in your stripes when the instructor says you have earned it during class. Once all stripes are colored, you may schedule for testing.

What color is your belt now?



STRIPES CHECKLIST

- RED - FORMS
- GREEN - BREAKING
- YELLOW - KICKING
- BROWN - KNOWLEDGE
- PURPLE - PERFORMANCE
- ORANGE - FITNESS



QUESTIONS

Our #1 Rule: **RESPECT**

- Treat Others how you want to be treated, Good manners

How to Count in Korean

One HANA
Two DUL
Three SET
Four NET
Five DA SUT
Six YUH SUT
Seven IL KOHP
Eight YUH DUL

Hello/Greeting when you walk in **AHN YOUNG HA SAE YO**

BEHAVIORS AT HOME (PARENTS: PLEASE FILL OUT)

My Child _____ has performed at the following levels

for:

Listening the first time without talking back:	Always	Sometimes	Rarely
Asking questions respectfully:	Always	Sometimes	Rarely
Helping parents and siblings:	Always	Sometimes	Rarely
Sharing with friends and siblings:	Always	Sometimes	Rarely
Taking care of their responsibilities without too many reminders:	Always	Sometimes	Rarely

Parent Signature _____