

Your First Exam:

Testing for White Belt

Requirements

- Belt test every 2 months
- Count from 1-10 in Korean
- Demonstrate the basic stances, block, kicks, and punches
- Perform basic forms: Ki Bon Il Jang and Ki Bon Yi Jang
- Do push-ups and sit-ups
- Complete 1-2 minute round of non-contact sparring
- Break 1 board using Hammer Fist