

Requirements For White Belt Stripe Promotion

Yellow Stripe

Stances

1. *Cha-ryut* Attention
2. *Kyung-net* Bow
3. *Jum-bi* Ready
4. *Ba-rol* Back to Ready
5. Fighting Stance

Green Stripe

Kicks

1. Stretching Kick
2. Inside Crescent Kick
3. Outside Crescent Kick
4. Front Snap Kick
5. Turning Kick

Blue Stripe

Blocks

1. High (Umbrella) Block
2. Down Block
3. Inside (Telephone) Block
4. Outside (Muscle) Block
5. Outside Forearm (Policeman) Block

Red Stripe

Stances

1. Front Stance
- Both stances with proper turning around
Knowledge of the meaning of TaeKwonDo

Black Stripe

Four Directional Attack- Left Side
Counting in Korean from 1-10

Double Black Stripe

Four Directional Attack- Right Side
Commands to start and end class