

# 10th kup - White Belt

White belt signifies innocence, having no previous experience of Tae Kwon-Do

## White Belt Line Work

Name and grade, position 1 (and so on...)

Press up ready position: 10 press ups (counting out loud in Korean if possible).

Barrol.

Move to the left in sitting stance: 10 single punches (counting out loud in Korean if possible).

Change arms: 10 single punches (counting out loud in Korean if possible).

Barrol.

Left leg back (walking ready stance): twin block.

Leg rising exercise: 10 leg rises (counting out loud to 10 in Korean if possible).

Right leg back: 10 leg rises (counting out loud to 10 in Korean if possible).

Barrol.

Left leg forwards: walking stance, middle block.

Backwards: walking stance, middle block, reverse punch.

Forwards: walking stance, low block, reverse punch.

Backwards: walking stance, low block, reverse punch.

Barrol.

Left arm up ready to punch (4 directional punch)

Number 1: low block, both ways round.

Number 2: middle block, both ways round.

Questions.