

# WHITE BELT

## White Belt to Yellow Stripe to Yellow Belt

### Fundamental Exercises:

Saju Jirugi ( 4 directional punch)

Saju Makgi( 4 directional block)

### Self-Defense:

Two hand choke from the front

Two hand choke from the rear

### Sparring: [\(audio\)](#)

Semi free

### Breaking: [\(audio\)](#)

White board, technique of choice

### Theory:

#### ***Who is General Choi?***

General Choi is the creator of Taekwon-do

#### ***Who created Taekwon-do?***

General Choi

#### ***What degree black belt was General Choi?***

### Patterns:

Last fundamental exercise (Saju Jirugi or Saju Makgi)

Chon-Ji Tul

### Self-Defense:

One arm choke from the rear

Front collar grab

### Sparring: [\(audio\)](#)

3 step one way, #1 & 2

30 second free sparring

### Breaking: [\(audio\)](#)

Yellow board, technique of choice

### Theory:

#### ***Tenants of Taekwon-do*** [\(audio\)](#)

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

#### ***Meaning of white belt***

Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-

He was a 9th degree black do.  
belt

***Definition of Chon-Ji*** [\(audio\)](#)

Means literally “the Heaven the Earth.” In the orient it is interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern played by the beginner. This pattern has two similar parts one to represent the heaven the other the earth.