

White Belt – 10th Gup

White Belt Representation

White represents a primitive stage of achievement. Thus, the seed as it lies dormant beneath the snows of winter.

Physical

10 Push ups

10 Sit ups

10 Star Jumps

Grading Requirements

Form: Kee Cho Hyung Il Bu

Kee Cho Hyung Ee Bu

Kicking Techniques: Front Kick, Side Kick, Roundhouse Kick

Hand Techniques: Low Defence, High Defence, Punch

One Steps Hand Techniques: 1 – Soo do defence and punch
2 – Punch, Step 45 Soo do defence and punch

One Steps Kicking Techniques: 1 – Front Kick
2 – Hop, front kick

One Steps Self Defence: 1 – Front Neck Grab

Forms (Hyungs)

Kee Cho Hyung IL Bu (Basic Form 1)

Step	Stance	Technique	Direction
1	Choon Bee		
2	Front	Low Block - Left Hand	Left 90 Degrees
3	Front	Mid-section Punch – Right Hand	
4	Front	Low Block - Right Hand	Right 180 Degrees
5	Front	Mid-section Punch – Left Hand	
6	Front	Low Block - Left Hand	Left 90 Degrees
7	Front	Mid-section Punch – Right Hand	
8	Front	Mid-section Punch – Left Hand	
9	Front	Mid-section Punch – Right Hand, Ki hap	
10	Front	Low Block - Left Hand	Left 270 Degrees
11	Front	Mid-section Punch - Right Hand	
12	Front	Low Block - Right Hand	Right 180 Degrees
13	Front	Mid-section Punch – Left Hand	
14	Front	Low Block - Left Hand	Left 90 Degrees
15	Front	Mid-section Punch – Right Hand	
16	Front	Mid-section Punch – Left Hand	
17	Front	Mid-section Punch – Right Hand, Ki hap	
18	Front	Low Block - Left Hand	Left 270 Degrees
19	Front	Mid-section Punch – Right Hand	
20	Front	Low Block - Right Hand	Right 180 Degrees
21	Front	Mid-section Punch – Left Hand, Ki Hap	
22	Choon Bee		

Kee Cho Hyung E Bu (Basic Form 2)

Step	Stance	Technique	Direction
1	Choon Bee		
2	Front	Low Block - Left Hand	Left 90 Degrees
3	Front	High-section Punch – Right Hand	
4	Front	Low Block - Right Hand	Right 180 Degrees
5	Front	High -section Punch – Left Hand	
6	Front	Low Block - Left Hand	Left 90 Degrees
7	Front	High-Block – Right Hand	
8	Front	High-Block – Left Hand	
9	Front	High-Block – Right Hand, Ki hap	
10	Front	Low Block - Left Hand	Left 270 Degrees
11	Front	High-section Punch - Right Hand	
12	Front	Low Block - Right Hand	Right 180 Degrees
13	Front	High-section Punch – Left Hand	
14	Front	Low Block - Left Hand	Left 90 Degrees
15	Front	High-Block – Right Hand	
16	Front	High-Block – Left Hand	
17	Front	High-Block – Right Hand, Ki hap	
18	Front	Low Block - Left Hand	Left 270 Degrees
19	Front	High-section Punch – Right Hand	
20	Front	Low Block - Right Hand	Right 180 Degrees
21	Front	High-section Punch – Left Hand, Ki Hap	
22	Choon Bee		

One Step Techniques

Hand Techniques

1 – Soo do defence and punch

Starting Stances: Both attacker and defender begin in choon be and then move into front stance

Attacker: Steps back into front stance and ki hap, left leg leading

Defender: Ki Haps

Attacker: Steps forward and punch to face

Defender: Steps 45 degree to the right.

Left hand Soo do defence to arm to deflect the punch while the right hand performs a punch the face. As the defender performs the hand technique the body must twist into side stance.



Same Technique front
and back

2 – Punch, Step 45 Soo do defence and punch

Starting Stances: Both attacker and defender begin in choon be and then moves into front stance

Attacker: Steps back into front stance and ki hap, left leg leading

Defender: Ki Haps

Attacker: Steps forward and punch to face

Defender: Steps 45 degree to the right while using the left hand to punch to the abdomen. Perfrom a Left hand Soo do defence to arm to deflect the punch while the right hand performs a punch the face. As the defender performs the hand technique the body must twist into side stance.



Kicking Techniques

1 - Front Kick

Starting Stances: The attacker begins in choon be and then moves into front stance. The defender starts in a fighting stance.

Attacker: Steps back into front stance and ki haps, left leg leading

Defender: starts in a fighting stance, Ki Haps

Attacker: Steps forward and punches to the face

Defender: Performs a front kick to the face



2 - Hop, front kick

Starting Stances: The attacker begins in choon be and then moves into front stance. The defender starts in a choon be.

Attacker: Steps back into front stance and ki haps, left leg leading

Defender: starts in a Choon Be stance, Ki Haps

Attacker: Steps forward and punches to the face

Defender: Jumps to the right and then performs a front kick to the abdomen with the left foot



Self Defence

1 - Front Neck Grab

Starting Stances: Both the attacker and defender starts in choon be.

Attacker: Place both hands around the defenders neck in a choking position (Only place your hands)

Defender: Take your right hand and go over your opponent's left arm and under their right arm.

Now put your left hand to your right hand.

Step across with your left leg in front of right

Use both hands to now push to right side.

