



# SPARTA TAEKWONDO WHITE BELT DEGREE PROGRAM

## A. Stances

Name	Korean Terminology	Other Terminology	Comment
Ready Stance – Forms	Joonbi		Feet one foot length apart. Both hands in front of the body-belt level.
Ready Stance – Sparring	Kyoorogi Joonbi	Fighting Stance	
Front Stance	Apkubi	Forward Stance	70% weight in front. Front knees bent, back leg straight w/ heel on ground.
Horseback Riding Stance	Juchumsae	Horse Stance	Equal weight distribution, feet facing forward, 2 foot lengths apart, knees bent.

## B. Strikes

Name	Korean Terminology	Other Terminology	Comment
Middle Punch	Momtong Bandae Jireugi		
High Punch	Olgul Bandae Jireugi		

## C. Blocks

Name	Korean Terminology	Other Terminology	Comment
Down Block	Ahre Makki	Downward Block	
High Block	Olgol Makki	Upward Block	

## D. Kicks

Name	Korean Terminology	Other Terminology	Comment
Stretch Kick		Front stretch kick	
Front Kick	Ahp Chagi	Front kick	
Crescent Kick – Inside/Outside		In-Out kick	
Crescent Kick – Outside/Inside	Pyojeok Chagi	Out-In kick	
Roundhouse – (mid section)	Dolyo Chagi	45 or Turning kick	

## E. Forms

Name	Korean Terminology	Comment
Foundation Form 1	Ki Cho Il-Jang	
Foundation Form 2	Ki Cho Ee-Jang	

## F. Combination Kicks

1. Roundhouse-Roundhouse [*45-45*]
2. Roundhouse– Out-In – Roundhouse [*45-Out/In-45*]
3. Roundhouse – Front kick – Out-In [*45-Front kick-Out/In*]
4. Roundhouse – In-Out – Out-In [*45-In/Out-Out/In*]
5. Roundhouse – Roundhouse – Side kick [*45-45-Side kick*]

## G. Breaks

Hammer Fist

**H. Questions** – See handout or log in to [www.spartatkd.com](http://www.spartatkd.com) – Announcements – Printed Materials – Handouts and School Curriculum