

## White Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24-36 points, 2-3 classes per week consecutively, are required.**

### Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Horse Stance (HS)	<input type="checkbox"/>	<input type="checkbox"/>			
HS Low Block	<input type="checkbox"/>	<input type="checkbox"/>			
HS Inside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
HS Outside Middle Block	<input type="checkbox"/>	<input type="checkbox"/>			
HS High Block	<input type="checkbox"/>	<input type="checkbox"/>			
HS Middle Punch	<input type="checkbox"/>	<input type="checkbox"/>			
HS High Punch	<input type="checkbox"/>	<input type="checkbox"/>			

### Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Fighting Stance	<input type="checkbox"/>	<input type="checkbox"/>			
Switching	<input type="checkbox"/>	<input type="checkbox"/>			
Stepping Forward and Backward	<input type="checkbox"/>	<input type="checkbox"/>			
Long Shuffle Forward and Backward	<input type="checkbox"/>	<input type="checkbox"/>			

### Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Reverse Punch	<input type="checkbox"/>	<input type="checkbox"/>			
Jab Punch	<input type="checkbox"/>	<input type="checkbox"/>			
Front Kick (FK)	<input type="checkbox"/>	<input type="checkbox"/>			
Angle Kick (AK)	<input type="checkbox"/>	<input type="checkbox"/>			
Drop Kick (DK)	<input type="checkbox"/>	<input type="checkbox"/>			

### Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Rules of the Dojang	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking Technique: Drop Kick	<input type="checkbox"/>	<input type="checkbox"/>			