



Junior White belt level 1 (white belt with orange stripe)

Techniques

- Ready stance 10 single punches
- Sitting stance - single punch x 10
- Front rising kick exercise x 10
- Press ups x 10
- Guarding stance – snap kick on to large pad x 10 (on each side)
- Walking Stance - Low Block by command.
- Walking Stance – Inner forearm Middle Block by command forward and back
- Walking Stance - Single Punch x by command Fwd + Back

Theory

- How do we form a fist? - Describe and Demonstrate
- What is the name of your Instructor? - Name and Grade
- What country does TKD come from? - Korea

