

## Stripe Requirements - White Belt

### Stripes

- 1.) New Kicks
  - Front kick
  - Side Kick
  - Crescent Kick
- 2.) Student must recite Tenets and Student Oath
- 3.) Stances
  - Front stance
  - Sitting stance
  - Back stance
- 4.) Demonstrate the White Belt Form (Ki-Bon)
  - Cite the name and number of moves in this form
  - Demonstrate entire form
- 5.) Demonstrate One-Step Sparring Combinations
  - One-Steps 1-3 (Kids)
  - One-Steps 1-5 (Adults)



MARTIN'S  
**TAEKWONDO**  
**AMERICA**