



**On a Quest to be my Best**

# **White Belt**

**Stripping Guidelines**  
**Testing Requirements**  
**Belt Promotion Resources**

# **How You Earn Your Strips and Use the Guideline**

## **How to Use the Guideline**

The following pages will give you the guidelines needed to earn your stripes for promotion from White belt to White with Yellow Stripe. The idea here is to help you practice and be ready for your Belt Evaluation once you receive your 4th stripe.

## **Class Participation Requirements**

Part of your belt requirement will be to attend your classes. At this level we need you to attend a minimum of 10 classes before we will recommend you to be evaluated for the next belt level.

## **Practice at Home**

As you learn your techniques by attending class we would encourage you to practice at home. Here is where the guidelines and homework sheet on the next few pages will become invaluable. Use the instructions on the homework sheet to practice 10 to 15 minutes on the days you aren't attending class. This will keep your material fresh, and allow us to add new techniques to your material each time you attend class.

## **Act of Kindness page**

Page 9 of this guideline is your Acts of Kindness sheet, please print this page follow the directions and fill it out with 5 AoK's and turn it in to your instructor. This is part of the requirements for your 4th stripe.

## **Intent to Promote page**

Your Intent to Promote sheet is the last page, you'll need to print this page and have your parent and teacher give us a number grade between 1 and 10 and sign it. Once this is completed please return it to your instructor. This is part of the requirements for your 4th stripe.

**Stripping Requirements**  
**White Belt**  
**10th Rank (sup)**



# Stripping Guide Lines for Children - White Belt (10th gup)

## 1st Yellow Tip Stripe

### Hand

Proper Fist:

*Roll Fingers Tight / Thumb on Index Finger / Flat Wrist.*

Jab punch off lead leg

Cross punch off rear leg

### Stances

Attention Stance

Self Defense Stance

Fighting Stance

### Self Defense

Bad Dog Voice w/ Proper Feet and Hand Position

*Hands up position using "back-off" or "leave me alone".*

### Kicks

Rear Knee strike and return fighting stance

Front kick - rear leg kick and return fighting stance

### Tasks

- ◆ Explain how to enter the school, where they put their shoes and jacket.
- ◆ Demonstrate how to come to Attention and Bow.
- ◆ **The Three Rules of Concentration (be able to follow along w/ others)**  
*Focus my eyes (point to eyes) Focus my mind (both hands side of forehead push outward while saying) Focus my body (come to a quick and sharp attention stance)*

## 2nd Yellow Tip Stripe

### Hands

Elbow Strike lead and rear legs

### Self Defense

2 Wrist Grabs

*Straight Across & the 2 Handed*

### Ground Work

Summersault & Stand up

### Kicks

Rear Knee strike and step forward

Rear leg kick and step forward

### Task

- ◆ **The Three Rules of Concentration**  
(be able to repeat alone)

## 3rd Yellow Tip Stripe

### Cho - Shim

Moves 1 thru 3 & 7 thru 9

### Self Defense

Pushing Front Kick w/ Bad Dog Voice

### 4 Corner Blocking - Defense

### Ground Work

Summersault & Stand up in a Self Defense Stance and Execute 4 Corner Block Defense

### Kicks

Front Kick - lead leg kick

### Task

- ◆ **5 Act of Kindness on AoK card**

# Stripping Guide Lines for Children - White Belt (10th gup)

## 4th Yellow Tip Stripe

- ◆ All of the Techniques that have been taught from Stripe 1 thru 3.
- ◆ 5 Act of Kindness on AoK card
- ◆ Explain how to enter the school, where they put their shoes and jacket.
- ◆ Demonstrate how to come to Attention and Bow.
- ◆ A list of Chores done by student at home.  
*(this list does not include making your bed)*

- ◆ **The Three Rules of Concentration:**  
*Focus my eyes (point to eyes)*  
*Focus my mind (both hands side of forehead push outward while saying)*  
*Focus my body (come to a quick and sharp attention stance)*
- ◆ **Intent to Promote.**  
*(signed by parent and teacher)*
- ◆ **Polite Greeting: Come to attention & bow / extend hand & greet / Make continues eye contact until done.**

Use this area for Notes

Reference Material  
White Belt  
10th Rank (sup)



## CHO-SHIM (Beginners Mind)

**Meaning of Pattern:** literal meaning – (beginners mind). To approach your workout as a beginner, willing to learn, no matter how high your rank, or how long you have been training.

Number of Moves 12

Kihaps 6 & 12

Ready Posture: Parallel Ready Stance

<u>Technique</u>	<u>Stance</u>	<u>Section</u>
1) Lt. Upper Defense	Fighting (rt. leg back)	High
2) Rt. Rev. Punch	No Change	Middle
3) Rear Leg Front Kick		Middle
4) Rt. Low Defense	Fighting (lt. leg back)	Low
5) Lt. Elbow Strike (step w/ rear leg)	Fighting (rt. leg back)	Jaw Line
6) Lt. Knife hand Strike (kihap)	Middle	Neck
7) Rt. Upper Defense	Fighting (lt. leg back)	High
8) Lt. Rev Punch	No Change	Middle
9) Rear Leg Front Kick		Middle
10) Lt. Low Defense	Fighting (rt. leg back)	Low
11) Rt. Elbow Strike (step w/rear leg)	Fighting (lt. leg back)	Jaw Line
12) Rt. Knife hand Strike (kihap)	Middle	Neck

Bahroh– Bring Left Foot Back to Ready Stance

## **4 Corner Blocking**

Start in your fighting stance, and always re-chamber your hands back to the fighting position after each technique

### **Defensive Technique**

- 1) Lead leg low defense
- 2) Rear leg low defense
- 3) Lead leg middle defense (middle)
- 4) Rear leg middle defense (middle)
- 5) Lead leg hook punch defense
- 6) Rear leg hook punch defense
- 7) Lead Side Leg Block
- 8) Rear Side Leg Block

### **Attacking Technique**

- Right Rear leg front kick  
*(return leg behind & switch legs)*
- Left Rear leg front kick  
*(land with left leg forward)*
- Backhand Punch
- Lead Punch
- Backhand Hook Punch
- Lead Hook Punch
- Right leg round kick  
*(return leg behind & switch legs)*
- Left leg round kick



## Acts of Kindness for Your 4th Yellow Stripe

To be returned to Taekwondo by \_\_\_ / \_\_\_ / \_\_\_

Name; \_\_\_\_\_

Use this form to list your Acts of Kindness. An AoK can be something as small as a smile, a hello, a hug or holding a door open, it could be; you getting your chores done without being told, it could be any act that makes another person happier, or their day easier. Something that shows kindness, courtesy, or respect.

This stripe is as important as any other stripe on your belt, the date on the top of this form is to help you complete this task in a timely, respectful manner

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

# SONOMA TAEKWONDO CENTER

18909 Sonoma Highway, Sonoma, Ca., 95476

(707) 935-7118

Notice of Intent to Promote \_\_\_\_\_

( Students Name )

Date issued; \_\_\_/\_\_\_/\_\_\_

Date returned; \_\_\_/\_\_\_/\_\_\_

Dear Parents and Teachers,

New Rank; \_\_\_\_\_

Our main objective at Sonoma Taekwondo Center is to help you develop a well rounded child, not only at Sonoma Taekwondo Center, but within our community as well.

Our school teaches the principles of *Black Belt Excellence means Personal Excellence*. Not only do students become black belts in martial arts, but they also strive to become academic black belts and eventually, corporate black belts or black belt employees. We use black belt as a metaphor for personal excellence.

In order to monitor our students progress towards these goals, we respectfully request that you complete the following. Please return this form to the student as soon as possible. They cannot be promoted until all of their paper work is turned in.

1. This student is respectful, doing satisfactory work and receiving passing grades.

(circle one) 1 2 3 4 5 6 7 8 9 10 ( 5 is average and 10 is perfect)

Teachers signature \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

2. My son / daughter has been behaving in a respectful manner and cooperating at home

(circle one) 1 2 3 4 5 6 7 8 9 10 ( 5 is average and 10 is perfect)

*Please Note:* Parents on the back of this Intent include a list of chores (other than their bedroom) your child does at home or for others.

Parents signature \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

If our students do not meet any of these qualifications either at home, at school, or here at Sonoma Taekwondo Center, we will hold the students promotion until there has been satisfactory improvement.

If you have any direct feedback beyond the scope of this form, please feel free to write on a separate piece of paper, or call our Senior Instructor (Patrick Hoffmann) directly. 935-7118 Thank you for your cooperation.

Sincerely,

Head Instructor  
Sonoma Taekwondo