

### Belt order

- 1 

White	brown

 Bow when entering and leaving room  
Horseriding stance punch  
Horseriding stance high section block  
Fighting stance front kick  
Blocking sequence 1
  
- 2 

White	purple

 Horse riding stance low block  
Horse riding stance inward block  
Fighting stance raising kick - keep leg straight  
Count to 4 in Korean  
Blocking sequence 2
  
- 3 

White	blue

 Horse riding stance outer block  
Fighting stance inward crescent kick  
Front kick paddle with correct part of foot  
Count to 5 in Korean  
Blocking sequence 3
  
- 4 

White	green

 Horseriding stance high block middle punch combination  
Travel in long stance and punch  
Travel in fighting stance showing two kick combination - pausing between combination  
Recite the 5 tenets of taekwondo  
5 Push Ups (bending arms), 5 sit ups (hands to knees)
  
- 5 

White	red

 Horse riding stance demonstrate all blocks loading from correct place and use of pull back hand  
Fighting stance inward and outward crescent kick through two mitts  
one for one, showing ability to stay in stance, and use all kick variety  
Punch with correct part of fist, keeping elbow down
  
- 6 

White	orange

 Count to 10 in Korean  
Undertand all basic korean commands - Charyot, Kynye, Baro, Junbi, Shijak  
Demonstrate all basic kicks and blocks  
free sparring, show ability to move around and use more than one kick  
Hold a paddle correctly for front kick, crescent kick and raising kick  
5 push ups (bending arms, holding weight), 5 sit ups (sitting fully up)