

## White - High White Belt

### 10 Stances (Soegi, Goobi)

#### Start From Attention

1. Ready Stance (Moa Soegi)
2. Horse Stance (Juchum Soegi)
3. Ready Stance (Moa Soegi)
4. Walking Stance (Ap Soegi)
5. Forward Stance (Ap Goobi)
6. Back Stance (Dwi Goobi)
7. Tiger Stance (Beom Soegi)
8. Mountain Stance (Hectari Soegi)
9. Cross-behind Stance (Dwi-koa Soegi)
10. Attention (Narhari Soegi)

### 10 Basic Blocks (Maki)

#### Start With Left Hand

1. Low Block Left (Arlae Maki)
2. Low Block Right (Arlae Maki)
3. Outside Block Left (Bakket Maki)
4. Outside Block Right (Bakket Maki)
5. Inside Block Left (Montong "An" Maki)
6. Inside Block Right (Montong "An" Maki)
7. High Block Left (Olgool Maki)
8. High Block Right (Olgool Maki)
9. Middle Punch Left (Montong Jireugi)
10. Middle Punch Right (Montong Jireugi)

### Kicking (Chagi)

#### Start Right Leg Back

1. Front kick (Ap Chugi)
2. Round Kick (Doyo Chugi)
3. Axe Kick (Naero Chugi)
4. Side Kick (Yap Chugi)
5. Inside Crescent Kick (An Hrug)
6. Outside Crescent Kick (Bakket Hrug)
7. Sweep Kick (Arlae Hrug)
8. Knee Strike (Mureup Chigi)
9. Push Kick (Meereo Chagi)

10. Shin Kick (Jeonggangi Chagi "Dari")

### Strikes (Jireugi, Chigi)

1. Middle Punch (Montong Jireugi)
2. High Punch (Olgool Jireugi)
3. Low Punch (Alrae Jireugi)
4. Jab
5. Cross
6. Upper Cut
7. Palm Heel
8. Ox Strike
9. Upward Elbow Strike (Palgup Chigi)
10. Spear Hand

### Self Defense - One Steps (Honbongarugi)

1. Outside block (L), punch
2. Step to the outside, outside block (R), punch (L)
3. Step to the outside, inside block (L), back fist (L)

### Self Defense - Hapkido

1. Same side wrist grab. Step forward, open hand, step back and pull away.
2. Same side wrist grab. Side step, bring their arm in between your thumb and forefinger, push away.
3. Same side wrist grab. Palm heel strike with free hand, followed by back fist

### Korean Terms

1. School (Dojung)
2. Uniform (Dobok)
3. Master (Sabumnim)
4. Assistant Instructor (Kyosanim)
5. Belt (Dee)
6. Grade (Geup)
7. 1-10 Counting
8. Yell (Ki-yap)
9. Kick (Chugi)
10. Front Snap Kick (Ap chugi)
11. Roundhouse Kick (Dolyo-chugi)
12. Attention (Charyot)
13. Bow (Kyongnae)
14. Thank you (Gahmsahamnida)
15. Greetings (Anyuhashunika)
16. Horse-Riding Stance (Juchum Soegi)

### Form (Poomsae)

Basic Form 1 (Kibon III Jang)

### Suggested Breaking

1. Hammer Fist