

WU'S TAE KWON DO SCHOOL (CANADA)

#120 FAIRCHILD SQ., 4400 HAZELBRIDGE WAY, RICHMOND, B.C. CANADA V6X 3R8
INQUIRY: (604)278-8721 WWW.WUSTAEKWONDO.COM

WHITE BELT SYLLABUS

WHITE BELT (10 GEUP) To YELLOW BELT (8 GEUP)

1. Poomsae – 19 Steps
2. Step Sparring – 5 x White Belt Step Sparring
3. Kicking
 - Rising Kick
 - Crescent Kick
 - Front Snap Kick, One Step Forward Front Snap Kick
 - Roundhouse Kick, One Step Forward Roundhouse Kick
4. Minimum 12 Lessons of Training