

# MARTIAL ARTS USA

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## WHITE BELT

LITTLE DRAGONS (4 & 6 YEARS OLD)

## REQUIREMENTS

### FORM:

#### Star blocks:

1. Standing in a horse stance
2. Blocks are done in this order with the left arm being used first: **UP, IN, OUT, TOUCH, DOWN, BACK, PUSH DOWN**
3. Repeat using right arm
4. Using both arms, you will do a double Punch Down towards the floor, instead of a double Push Down

### SELF DEFENSE:

NVP & Choice speech  
Palm strikes/Eye rakes

### KICKS:

Up chagi - Front Snap Kick  
Yup chagi- Slide up side Kick

### STANCES:

Cha-ryeot-Attention stance  
Kyroogi Jase- Sparring stance  
Junbi- Ready stance  
Kima Jase- Horse stance

### TERMINOLOGY:

Counting in Korean 1-10

- |          |          |
|----------|----------|
| 1. Hana  | 2. Dul   |
| 3. Set   | 4. Net   |
| 5. Tasut | 6. Yasut |
| 7. Ilgop | 8. Yudul |
| 9. Ahop  | 10. Yul  |

**Focus- Eyes, Ears, Mind, and Body!**