



WHITE BELT CURRICULUM

POOMSAE	<ul style="list-style-type: none">• Basic form #1
KICKING TECHNIQUES	<ul style="list-style-type: none">• Front kick• Round house kick• Rising kick
3 STEPS SPARRING TECHNIQUES	<ul style="list-style-type: none">• Front kick, round house kick and side kick
BREAKING	<ul style="list-style-type: none">• Hand techniques
ATTENDANCE	<ul style="list-style-type: none">• 2 Life Coaching Sessions (for students who are under 18 years old)• 12 Training Days
Q & A	<ul style="list-style-type: none">• The student must correctly answer the questions asked by the Master.
PLEDGE	<ul style="list-style-type: none">• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!