



White Belt Study

When you take your next belt test, be prepared to demonstrate any of the curriculum requirements below:

White Belt					
Level One		Level Two		Level Three	
Ten Step Movement	Kicking Test I	Kwan Bup 1-8	Kicking Test II	Bae Gae Sul 1-2	Short Form
					Bae Gae Sul 3-7
					Basic Nak Bup: Front Roll, Back Fall, Side Fall, Front Fall