

White Belt Techniques

Jaseh (Stances)

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| 1. Chun Gul Jaseh | Front Stance |
| 2. Hu Gul Jaseh | Back Stance |
| 3. Kee Map Jaseh | Horse Stance |

Soo Gi (Hand Techniques)

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|----------------------------|---------------------------|
| 1. Ha Dan Mahk Kee | Low Block |
| 2. Sang Dan Mahk Kee | High Block |
| 3. Choong Dan Kong Kyuck | Middle Punch |
| 4. Sang Dan Kong Kyuck | High Punch |
| 5. Ahneso Pahkuro Mahk Kee | Inside/Outside Block |
| 6. Pahkeso Ahnuro Mahk Kee | Outside/Inside Block |
| 7. Yup Mahk Kee | Side Block (Back Stance) |
| 8. Wheng Jen Kong Kyuck | Horse Stance Middle Punch |

Jok Gi (Foot Techniques)

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| 1. Yup Podo Oll Ri Gi Cha Gi | Side Stretch Kick |
| 2. Aup Podo Oll Ri Gi Cha Gi | Front Stretch Kick |
| 3. Ahp Cha Nut Gi | Front Kick |
| 4. Dull Ryo Cha Gi | Round House Kick |
| 5. Yup Podo Cha Gi | Turning Side Kick |
| 6. Ahneso Pahkuro Cha Gi | Inside/Outside
Downward Heel Kick |
| 7. Kyo Cha Rip Yup Cha Gi | Step Behind Side Kick |