



**White Belt Curriculum**  
**Theme: Kamsah (Appreciation)**  
**20 lessons to graduate**

**Red Stripe**

**A. Understanding the theme** – Personal meaning

**B. Physical Fitness**

- 💡 10 push-up/10 crunches

**C. Stances**

- 💡 Stances 1-3 of the 12 Basic Stances  
(high closed stance, high open stance, high back stance.)

**D. Technical Competence**

- 💡 3 count technical front kick

**Blue Stripe**

**E. Basic/Combinations – defensive (standing) & offensive (stepping) – Left & Right**

- 💡 Front punch
- 💡 Back punch
- 💡 Front leg front kick
- 💡 Front leg side Kick
- 💡 Front leg round Kick

**Yellow Stripe**

**F. Pattern (Form)**

- 💡 “Kamsah” form (meaning “appreciation”)  
(front) **1)** X-block  
(Left) **2)** Fold (LH↑) **3)** (LH) Chop block (high back stance) **4)** Back punch (high twist stance)  
(Right) **5)** Fold (RH↑) **6)** (RH) Chop block (high back stance) **5)** Back punch (high twist stance)  
(front) **8)** X-block **9)** Chario **10)**Kyoung Rae

**Green Stripe**

**G. Blocks**

- 💡 Upper block
- 💡 Outer block
- 💡 Down block