



# Han's Martial Arts Academy

## White Belt Curriculum

Poomse: Kicho Ee-Jang 1

Technique 1

Technique 2

Level Kicking

AP Freegi

Front Kick

OSS

RL Riding Horse Stance  
LH Outside Body Block  
RH Middle Punch

RL Riding Horse Stance  
LH Outside Body Block  
RH High Punch

Hand

LR Down Block  
LR Middle Punch  
LR High Block

Double Outside Middle Block  
8,9, Middle Punch and **Kihap** "Tae Kwon  
10 DO!"

Kick

AP Freegi  
Front Kick

Middle Front Kick  
High Front Kick

\*\* All combination hand and kicking techniques to be executed from left leg back fighting stance.\*\*