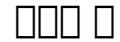




Brent Ellison Taekwondo USA

Poomse Hanna 9th Grade White Belt



- A. First Stripe - Life Skill
- B. Second Stripe - Completed Material
- C. Prepared for Testing - Fourth Stripe

1. Left foot steps to left front stance – left low block
2. Remain in left front stance – right reverse punch
-
3. Right #2 round kick – land in middle stance
4. Right #3 side kick – land in middle stance
5. Right knife hand strike – **Kihap**
-
6. Left foot steps to a left front stance – do a left high block
7. Right reverse punch – stay in left front stance
-
8. Right #2 front kick
9. Land in right front stance and do a right lowblock
10. Left lunge punch and land in a left front stance– **Kihap**
11. Right foot steps to right front stance – right low block
12. Remain in right front stance – left reverse punch
-
13. Left #2 round kick – land in middle stance
14. Left #3 side kick – land in middle stance
15. Left knife hand strike – **Kihap**
-
16. Right foot steps to a right front stance – do a right high block
17. Left reverse punch – stay in right front stance
-
18. Left #2 front kick
19. Land in left front stance and do a left low block
20. Right lunge punch and land in a right front stance – **Kihap**

Color Belt Philosophy



Brent Ellison Taekwondo USA

The philosophical interpretation of the White Belt is:

“Pure and without the knowledge of Taekwondo...the mightiest tree in the forest begins as a single seed that must be planted and nurtured.”

With this first pattern, the beauty of Taekwondo is seen, but the power of the art will only be seen as the student begins to grow.

• **Developing Better Hand Technique** - In order to develop better hand technique, you

should pay close attention to **4** very important elements:

1. Beginning point - where your hand starts

2. Direction - the shortest distance between the beginning point and ending point

3. Rotation - all hand techniques in Taekwondo “twist” right as the hand reaches its target

4. Ending point - being sure that the hand technique accurately reaches the intended target

• **Important Information on Poomse Hanna (White Belt Pattern)**

Poomse Hanna has **20 movements** in the pattern and is broken down in groups of “combinations”. After you learn the 20 basic movements of the pattern, it’s important that you then begin to practice the pattern in the combinations found in the pattern. (for example - the first 2 movements in Poomse Hanna is the first “combination” in the pattern and the 3rd, 4th and 5th movements in the pattern is the second “combination” in the pattern. You will see that the pattern has been clearly broken down for you by the separate groups of “combinations”.

Kicking combinations are designed to help a beginning student begin to make the transition from learning basic techniques to applying them in a more practical sense. One goal with these kicking combinations is to help teach **targeting and distancing** while developing speed and power on an actual target.

White Belt Kicking Combinations:

1. student jumps back with right foot to avoid. Student does a right round kick then left round kick. Again, student jumps back with left foot to avoid. Student does a left round kick then right round.

2. Student steps back with right foot to avoid then **immediately** does a right round kick then left round kick, Student steps back with left foot to avoid and **immediately** does a left round kick then right round kick.

3. Student will do a right round kick with back leg and then will steps feet together and do a right side kick on the pad. Student then jumps back with left foot and then does a left round kick and then steps feet together and does a left side kick.

