**PE-2 (Basic Martial Arts)**

**BASIC PROGRAM FOR WHITEBELT (Taekwondo)**

1. **Poomsae (Forms)**
2. Basic Movement
3. Foundation Form No. 1
4. Foundation Form No. 2
5. **Basic Stances**
6. Attention (Charyeot)
7. Kyung nae (Bow)
8. Ready Stance (Joonbi)
9. Forward Stance
10. Back Stance
11. Riding Stance
12. Fighting or kicking stance
13. **Basic Strikes and Blocks**
14. Middle Punch
15. High Punch
16. Low Block
17. High Block
18. Double-arms Middle Block
19. Knifehand Neck Strike
20. KNifehand Block
21. Knifehand Middle Block
22. KNifehande Neck Strike and Revers Punch Combination
23. **Kicking**
24. Stretch Kick
25. Front Kick
26. Out-in Kick
27. In-out Kick
28. 45 Degree Kick
29. Side Kick

**The 12 Steps of Basic Movement**

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| **NO.** | **LEG MOVEMENT** | **HAND MOVEMNET** |
| 1 | Left forward stance | Left low block |
| 2 | Right forward stance | Right low block |
| 3 | Left forward stance | Left high block |
| 4 | Right forward stance | Right high block |
| 5 | Left forward stance | Left double-arms middle block |
| 6 | Right forward stance | Right double-arms middle block |
| 7 | Turn left forward stance | Left low block (shout) |
| 8 | Right back stance | Right knife-hand block |
| 9 | Left back stance | Left knife-hand block |
| 10 | Right back stance | Right knife-hand middle block |
| 11 | Left back stance | Left knife-hand middle block |
| 12 | Turn right back stance | Right knife-hand neck strike & reverse punch combination |

**The 20 Steps of Foundation Form No. 1**

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| **NO.** | **LEG MOVEMENTS** | **HAND MOVEMENTS** |
| 1 | Left forward stance | Left low block |
| 2 | Right forward stance | Right middle punch |
| 3 | Right forward stance | Right low block |
| 4 | Left forward stance | Left middle punch |
| 5 | Left forward stance | Left low block |
| 6 | Right forward stance | Right middle punch |
| 7 | Left forward stance | Left middle punch |
| 8 | Right forward stance | Right middle punch **(shout)** |
| 9 | Left forward stance | Left low block |
| 10 | Right forward stance | Right middle punch |
| 11 | Right forward stance | Right low block |
| 12 | Left forward stance | Left middle punch |
| 13 | Left forward stance | Left low block |
| 14 | Right forward stance | Right middle punch |
| 15 | Left forward stance | Left middle punch |
| 16 | Right forward stance | Right middle punch **(shout)** |
| 17 | Left forward stance | Left blow block |
| 18 | Right forward stance | Right middle punch |
| 19 | Right forward stance | Right low block |
| 20 | Left forward stance | Left middle punch |

**The 20 steps of Foundation Form No. 2**

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| **NO.** | **LEG MOVEMENTS** | **HAND MOVEMENTS** |
| 1 | Left forward stance | Left high block |
| 2A | Right front kick |  |
| 2B | Right forward stance | Right middle punch |
| 3 | Right forward stance | Right high block |
| 4A | Left front kick |  |
| 4B | Left forward stance | Left middle punch |
| 5 | Left forward stance | Left low block |
| 6 | Right forward stance | Right high punch |
| 7 | Left forward stance | Left high punch |
| 8 | Right forward stance | Right high punch **(shout)** |
| 9 | Left forwards stance | Left high block |
| 10A | Right front kick |  |
| 10B | Right forward stance | Right middle punch |
| 11 | Right forward stance | Right high block |
| 12A | Left front kick |  |
| 12B | Left forward stance | Left middle punch |
| 13 | Left forward stance | Left low block |
| 14 | Right forward stance | Right high punch |
| 15 | Left forward stance | Left high punch |
| 16 | Right forward stance | Right high punch **(shout)** |
| 17 | Left forward stance | Left high block |
| 18A | Right front kick |  |
| 18B | Right forward stance | Right middle punch |
| 19 | Right forward stance | Right high block |
| 20A | Left front kick |  |
| 20B | Left forward stance | Left middle punch |



