



West Coast Taekwondo

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White Belt Pattern KI-BON (14 movements)

Represents the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner and literally means "Beginner Pattern". (This pattern consists of two similar parts—one to represent the Heaven and the other the Earth.)

	Ready Stance A	
1	Left Low Block	Left Front Stance
2	Right Punch Middle	Right Front Stance
3	Left Inner Forearm Block	Left Back Stance
4	Right Punch Middle	Right Front Stance
5	Left High Block	Left Front Stance
6	Right #2 Front Kick	Left Sparring Stance

WHITE BELT ONE-STEPS

All one steps start in Ready Stance A and finish in Sparring Stance.

Attacker starts from left back stance and steps forward into right front stance with a high right punch.

1. Step into Left Front Stance, Left High Block, Right Reverse Punch Middle, Step Left Foot Back, **Right Front Kick** (Yell)

TENETS OF TAEKWONDO:

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit

TAEKWONDO STUDENT OATH:

I shall observe the Tenets of Taekwondo
I shall Respect My Instructors and Senior Students
I shall never misuse Taekwondo
I will be a champion of freedom and justice
I will build a more peaceful world

STRIPES (on right):

Black — Tenets and Oath
Black — Belt and Uniform

STRIPES (on left):

Black — I Wills (Junior Students)
Yellow — Low Block, High Block, Inner Forearm Block
Green — #1 and #2 Front Kick, Attention Stance, Ready Stance, Back Stance, Front Stance
Blue — Half Form (end on Right Front Kick Kihap)
Red — White Belt One-Step 1 (with partner)