

White Belt: White signifies a birth, or beginning, of a seed.

A white belt student is a beginner searching for knowledge of the Art.

The white belt is the beginning of life's cycle, and represents the seed as it lies beneath the snow in the winter.

White Belt Form - Ki-Bon (14 Moves)

Move Number	Direction / Turn	Stance	Foot Technique	Hand Technique
Ready Stance "A"				
1	Left 90°	Left Front Stance		Left Low block
2	Step forward	Right Front Stance		Right High Punch
3	Right 180°	Right Front Stance		Right Low Block
4	Step forward	Left Front Stance		Left High Punch
5	Left 90°	Left Back Stance		Left Inner forearm Block
6	Step Forward	Right Front Stance		Right High Punch
7	Step Forward	Left Front Stance		Left High Block
8	DON'T MOVE FEET	Left Front Stance		Right Reverse Punch
9	Right 180°	Right Back Stance		Right Inner forearm Block
10	Step Forward	Left Front Stance		Left High Punch
11	Step Forward	Right Front Stance		Right High Block
12	DON'T MOVE FEET	Right Front Stance		Left Reverse Punch
13	Left 270°	Sitting Stance		Left Knifehand Strike
14	Step Together, Right Steps Out	Sitting Stance		Right Knifehand Strike