

FORM NAME Cha Um - White Belt Form
Commitment to a new Beginning

1. LEFT HIGH BLOCK
2. NO STEP RIGHT REVERSE PUNCH
3. NO STEP LEFT PUNCH
4. RIGHT #2 FRONT KICK
5. NO STEP RIGHT PALM HEEL STRIKE
6. NO STEP LEFT REVERSE PALM HEEL STRIKE
7. LEFT #2 ROUND KICK
8. LEFT KNIFE HAND STRIKE
9. LEFT KNIFE HAND STRIKE

10. TURN RIGHT INNER FOREARM BLOCK
11. NO STEP RIGHT KNIFE HAND STRIKE
12. STEP FORWARD LEFT PUNCH

13. RIGHT HIGH BLOCK
14. NO STEP LEFT REVERSE PUNCH
15. NO STEP RIGHT PUNCH
16. LEFT #2 FRONT KICK
17. NO STEP LEFT PALM HEEL STRIKE
18. NO STEP RIGHT REVERSE PALM HEEL STRIKE
19. RIGHT #2 ROUND KICK
20. RIGHT KNIFE HAND STRIKE
21. RIGHT KNIFE HAND STRIKE

22. TURN LEFT INNER FOREARM BLOCK
23. NO STEP LEFT KNIFE HAND STRIKE
24. STEP FORWARD RIGHT PUNCH

Cha Um
Commitment to a New Beginning
24 Movements
6,12,18,24



Sir...

I will Practice Taekwondo with Discipline, Respect and Courtesy for others

Loyalty to my Instructor

and Enthusiasm to show my Spirit

Sir...

Sir...

I will have Courage to be Responsible for my actions

and be an Example for all

I will Persevere to be the best I can be with Honor and Dignity

Sir...

| | TECHNIQUE | | | STANCE | SECTION |
|------|-----------|---|---------------------|--------|---------|
| I. | 1. | L | High Block | Front | High |
| | 2. | R | Reverse Punch | Front | Middle |
| | 3. | L | Punch | Front | Middle |
| | 4. | R | Reverse Punch | Front | High |
| | 5. | L | Low Block - Kihap | Front | Low |
| II. | 1. | R | Inner Forearm Block | Middle | Middle |
| | 2. | R | Knifehand Strike | Middle | Middle |
| | 3. | R | Knifehand Strike | Middle | High |
| | 4. | L | Low Block - Kihap | Front | Low |
| III. | 1. | R | Front Kick | | M or H |
| | 2. | R | Punch | Middle | Middle |
| | 3. | L | Punch | Middle | Middle |
| | 4. | R | Punch | Middle | High |
| | 5. | L | Low Block - Kihap | Front | Low |
| IV. | 1. | L | Side Kick | | M or H |
| | 2. | L | Inner Forearm Block | Middle | Middle |
| | 3. | L | Knifehand Strike | Middle | High |
| | 4. | L | Low Block - Kihap | Front | Low |
| V. | 1. | L | Front Kick | | M or H |
| | 2. | R | Side Kick | | M or H |
| | 3. | R | Knifehand Strike | Middle | High |
| | 4. | L | Low Block - Kihap | Front | Low |