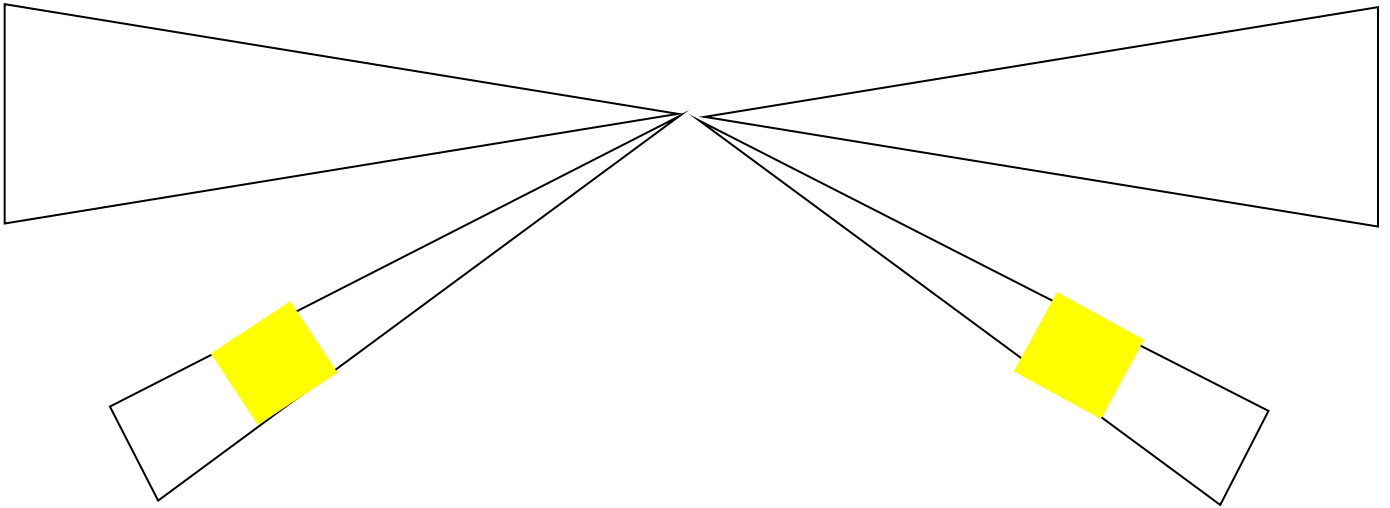


# TEST #1 For Advanced White Belt



*New Students: Take this first test as soon as you feel ready!*

**Written Test** From The Front of the  
White Belt Book and  
**Physical Test on**  
Chalyut (Attention)  
Cyong Net (Bow)  
Chum Bi (Basic Ready Stance)  
Waiting Stance  
Sparring Stance  
Self Defense Stance

Minimum Classes: 3

Papers Due: Just the Test Paper from White Belt Book

**In Class Graduation Board Break: Palm Strike**