



## WHITE BELT (10<sup>th</sup> KUP) THEORY - JUNIORS

Count from 1 to 5 in Korean	
One	Hanna
Two	Dool
Three	Seth
Four	Neth
Five	Dasaul

Five Tenets of Tae Kwon Do
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit

"Show me" Questions	
Show me what part of the hand you punch with	2 fore-knuckles (index and middle finger joint)
Show me a walking stance	
Show me a sitting stance	

What does "Tae Kwon Do" mean?	
Tae	Foot, or to jump/kick
Kwon	Hand/Fist, or to punch
Do	Art or "way of"

Korean Terminology	English Translation
Walking Stance	Gunnun Sogi
Sitting Stance	Annan Sogi
Training Hall	Dojang
Training Suit	Dobok

Pattern	
What does Sajo-Jirugi mean?	Four directional punch
How many moves in Sajo-Jirugi?	15