



10th KUP (White Belt) Theory

GENERAL TERMS - ENGLISH

| | |
|---------------|----------|
| Training Hall | DOJANG |
| Training Suit | DOBOK |
| Instructor | SABUM |
| Student | JEJA |
| Bow | KYONG-YE |
| Ready | CHUNBI |
| Dismiss | HAESSEN |

GENERAL TERMS - KOREAN

COUNTING - ENGLISH

| | |
|-------|--------|
| One | HANNA |
| Two | DOOL |
| Three | SETH |
| Four | NETH |
| Five | DASUAL |
| Six | YASUAL |
| Seven | ILGOP |
| Eight | YODOLL |
| Nine | AHOP |
| Ten | YOLL |

COUNTING - KOREAN

BODY SECTIONS - ENGLISH

| | |
|--------|---------|
| Low | NAJUNDE |
| Middle | KAUNDE |
| High | NOPUNDE |

BODY SECTIONS - KOREAN

EXERCISES - ENGLISH

| | |
|------------------------|-------------|
| Four Directional Punch | SAJO JIRUGI |
| Four Directional Block | SAJO MAKGI |

EXERCISES - KOREAN

OFFENSIVE / DEFENSIVE MOVES - ENGLISH

| | |
|--------|--------|
| Punch | JIRUGI |
| Block | MAKGI |
| Kick | CHAGI |
| Stance | SOGI |

OFFENSIVE / DEFENSIVE MOVES - KOREAN

****TURN OVER****



10th KUP (White Belt) Theory

Name the **Founder** of Taekwondo:

- Major General Choi Hong Hi, 9th Degree (Grand Master)

Name the **Tenets** of Taekwondo:

1. Courtesy
2. Integrity
3. Perseverance
4. Self-Control
5. Indomitable Spirit

What does **White** Signify?

- White signifies the beginning student who has no previous knowledge of Taekwondo.

What is the **Taekwondo Oath**?

1. I shall observe the Tenets of Taekwondo
2. I shall respect the Instructor and Seniors
3. I shall never misuse Taekwondo
4. I shall be a champion of Freedom and Justice
5. I shall build a more Peaceful World