

# Tae Kwon Do

## White belt (10<sup>th</sup> gup) study guide

**Tae kwon do** – The art of kicking and punching

### Tenets of Tae kwon do

Courtesy – Be polite to one another

Integrity – Being able to determine right from wrong, and have the conscience, if wrong, to feel guilt

Perseverance – A serious student must learn not to be impatient; to continue steadfastly

Self Control – Loss of self control can prove disastrous. An inability to work within one's limits is also a lack of self control

Indomitable Spirit – If confronted with injustice, the student will deal with the belligerent without any fear

### Terminology

#### Required:

Attention: Chah Rhee Uht

Grand Master (Over 8<sup>th</sup> Degree): Kwan Ja Nim

Junior Master (4<sup>th</sup> and 5<sup>th</sup> Degree): Bu Sah Buhm Nim

Sa Ju Kong Bong: 4 Directional Block and Attack

Side Kick: Yope Chaggi

Front Snap Kick: Ap Chaggi

Front Stance: Chongul Ja Sae

Uniform: Do Bok

#### Recommended:

Belt: Dee

Ready Stance: Joon Bee

Return to Ready Stance: Bah Roh

Certain Victory: Pil Sung

Master: Sah Buhm Nim

Instructor (Under 4<sup>th</sup> Degree): Chogyo Nim

Yell: Ki Hap

Roundhouse Kick: Dolyo Chaggi

Kicking Stance: Bal Chaggi

Riding Horse Stance: Kima Ja Sae

School: Do Jahng

Begin/Start: She Jahk

Stop: Geu Mahn

Bow: KyungRea

### Counting

1 Hana

3 Set

5 Daset

7 Ilgop

9 Ahop

2 Dul

4 Net

6 Yuhset

8 Yeoldeol

10Yuhl

### Tae Kwon Do Pledge

I will observe the principles of Tae Kwon Do.

I will respect the instructor and all senior ranks.

I will never misuse Tae Kwon Do.

I will be a champion of freedom.

I will build a more peaceful world.

### Rules of the Dojang

1. Absolutely no teaching or free-sparring without the instructor's permission
2. Bow to all senior belts
3. Never lose your temper
4. Be courteous to all persons in the Dojang
5. No horseplay
6. No shoes
7. No jewelry
8. No stockings
9. No chewing gum or food of any kind
10. Refrain from idle chatter, no profanity or swearing
11. Line up according to rank
12. Smoking is prohibited
13. Bow upon entering and leaving the Dojang
14. Leave personal problems out of the Dojang