



Taekwon-Do Theory for White Belts (10th Kup)

Please take the time to learn the following information for your grading.

1. Who is the Founder of Taekwon-Do?

General Choi Hong Hi 9th Degree (Pronounced Chay Hong Hee)

2. What does White Belt signify?

Innocence, a beginner who has no previous knowledge of Taekwon-Do

3. Which Country is Taekwon-Do from?

Korea

4. What does Taekwon-Do mean?

The art of hand and foot

5. What are the Tenets of Taekwon-Do?

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

6. Count from 1 to 10 in Korean

One	Hana	(Hana)
Two	Dul	(Dool)
Three	Set	(Set)
Four	Net	(Net)
Five	Dasot	(Dasut)
Six	Yasot	(Yasut)
Seven	Ilgup	(Ilgop)
Eight	Yodol	(Yadul)
Nine	Ahop	(Ah-hop)
Ten	Yul	(Yule)

7. Korean words:

Punch	Jirugi
Block	Makgi
Stance	Sogi
Four Direction Punch	Saju Jirugi