



WHITE BELT



Terminology Sheet

You will be asked some of these questions during your belt test!

COUNTING

ENGLISH	KOREAN
One	Ha Na (Hana)
Two	Dul (Dool)
Three	Set (Set)
Four	Net (Net)
Five	Da Seot (Dah-Set)

THE TENETS OF TAEKWONDO

TERM	MEANING
1. Courtesy	--- To be respectful to others.
2. Integrity	--- To be honest and loyal.
3. Perseverance	--- To never give up.
4. Self-Control	--- To control yourself physically and mentally.
5. Indomitable Spirit	--- To never be put down by others.

THE MEMBERSHIP OATH

1. I shall observe (and live by) the Tenets of Taekwondo.
2. I shall respect my instructors and seniors.
3. I shall never misuse Taekwondo.
4. I shall be a champion of freedom and justice.
5. I shall help build a more peaceful world

While reciting the Membership Oath, you should hold your right hand above your heart with your other hand behind your back.

GENERAL QUESTIONS

- Name of your Master:** --- Bu Kwan Jang Nim - Steve Large
- Name of your Grand Master:** --- Kwan Jang Nim - Gil Woo Kim
- Name of your uniform:** --- Dobok (Doe-Bok)
- Name of the place you train at:** --- Dojang (Doe-Jang)
- Greeting the Grand Master:** --- Bong Gop Sham Nee Da – Kwan Jang Nim - Gil Woo Kim

-“Kwan Jang Nim” means “Grand Master.” --- “Bu” means “Assistant” or “vice.”

-“Bong Gop Sham Nee Da” means “Nice to see you again.”

YELLOW BELT & GREEN STRIPE



Terminology Sheet

You will be asked some of these questions during your belt test!



COUNTING

ENGLISH	KOREAN	-	ENGLISH	KOREAN
One	Ha Na (Hana)	-	Six	Ya Seot (Yah-Set)
Two	Dul (Dool)	-	Seven	Il Gop (ill-Gop)
Three	Set (Set)	-	Eight	Yeo Deol (Yah-Dool)
Four	Net (Net)	-	Nine	A Hop (Ah-Hop/Ah-Hoe)
Five	Da Seot (Dah-Set)	-	Ten	Yeol (Yull)

THE TENETS OF TAEKWONDO

TERM		MEANING
1. Courtesy	---	To be respectful to others.
2. Integrity	---	To be honest and loyal.
3. Perseverance	---	To never give up.
4. Self-Control	---	To control yourself physically and mentally.
5. Indomitable Spirit	---	To never be put down by others.

THE MEMBERSHIP OATH

1. I shall observe (and live by) the Tenets of Taekwondo.
2. I shall respect my instructors and seniors.
3. I shall never misuse Taekwondo.
4. I shall be a champion of freedom and justice.
5. I shall help build a more peaceful world

While reciting the Membership Oath, you should hold your right hand above your heart with your other hand behind your back.

GENERAL QUESTIONS

Name of your Master:	---	Bu Kwan Jang Nim Steve Large
Name of your Grand Master:	---	Kwan Jang Nim Gil Woo Kim
Name of your uniform:	---	Dobok (Doe-Bok)
Name of the place you train at:	---	Dojang (Doe-Jang)
Greeting the Grand Master:	---	Bong Gop Sham Nee Da – Kwan Jang Nim - Gil Woo Kim
Name of Taekwondo Headquarters:	---	Kukkiwon
Location of Kukkiwon:	---	Seoul, South Korea

-“Bong Gop Sham Nee Da” means “Nice to see you again.”

-“Kwan Jang Nim” means “Grand Master.” --- “Bu” means “Assistant” or “vice.”

Why did you join Taekwondo?

What is your favorite kick? (May be asked to demonstrate)

GREEN BELT & BLUE STRIPE



Terminology Sheet

You will be asked some of these questions during your belt test!



COUNTING

ENGLISH (1-10)	KOREAN (1-10)	-	ENGLISH (11-20)	KOREAN (11-20)
One	Ha Na (Hana)	-	Eleven	Yeol-Ha Na
Two	Dul (Dool)	-	Twelve	Yeol-Dul
Three	Set (Set)	-	Thirteen	Yeol-Set
Four	Net (Net)	-	Fourteen	Yeol-Net
Five	Da Seot (Dah-Set)	-	Fifteen	Yeol-Da Seot
Six	Ya Seot (Yah-Set)	-	Sixteen	Yeol-Ya Seot
Seven	Il Gop (ill-Gop)	-	Seventeen	Yeol-Il Gop
Eight	Yeo Deol (Yah-Dool)	-	Eighteen	Yeol-Yeo Doel
Nine	A Hop (Ah-Hop/Ah-Hoe)	-	Nineteen	Yeol-A Hop
Ten	Yeol (Yull)	-	Twenty	Sumul (Soo-Mool)

THE TENETS OF TAEKWONDO

TERM		MEANING
1. Courtesy	---	To be respectful to others.
2. Integrity	---	To be honest and loyal.
3. Perseverance	---	To never give up.
4. Self-Control	---	To control yourself physically and mentally.
5. Indomitable Spirit	---	To never be put down by others.

THE MEMBERSHIP OATH

1. I shall observe (and live by) the Tenets of Taekwondo.
2. I shall respect my instructors and seniors.
3. I shall never misuse Taekwondo.
4. I shall be a champion of freedom and justice.
5. I shall help build a more peaceful world

While reciting the Membership Oath, you should hold your right hand above your heart with your other hand behind your back.

GENERAL QUESTIONS

*You are not expected to know everything; only some of these questions listed will be asked - not all of them.
You may also be asked something that is not listed; pay attention to any terminology said in class.*

- Name of your Master:** --- Bu Kwan Jang Nim - Steve Large
- Name of your Grand Master:** --- Kwan Jang Nim - Gil Woo Kim
- Name of your uniform:** --- Dobok (Doe-Bok)
- Name of the place you train at:** --- Dojang (Doe-Jang)
- Greeting the Grand Master:** --- Bong Gop Sham Nee Da – Kwan Jang Nim - Gil Woo Kim
- Name of Taekwondo Headquarters:** --- Kukkiwon
- Location of Kukkiwon:** --- Seoul, South Korea
- What is red and what is blue:** --- Hong is red and chung is blue

-“Bong Gop Sham Nee Da” means “Nice to see you again.”

-“Kwan Jang Nim” means “Grand Master.” --- “Bu” means “Assistant” or “vice.”

Why did you join Taekwondo?

What is your favorite kick? (May be asked to demonstrate)

BLUE BELT & RED STRIPE



Terminology Sheet

You will be asked some of these questions during your belt test!



COUNTING

ENGLISH (1-10)	KOREAN (1-10)	-	ENGLISH (11-20)	KOREAN (11-20)
One	Ha Na (Hana)	-	Eleven	Yeol-Ha Na
Two	Dul (Dool)	-	Twelve	Yeol-Dul
Three	Set (Set)	-	Thirteen	Yeol-Set
Four	Net (Net)	-	Fourteen	Yeol-Net
Five	Da Seot (Dah-Set)	-	Fifteen	Yeol-Da Seot
Six	Ya Seot (Yah-Set)	-	Sixteen	Yeol-Ya Seot
Seven	Il Gop (ill-Gop)	-	Seventeen	Yeol-Il Gop
Eight	Yeo Deol (Yah-Dool)	-	Eighteen	Yeol-Yeo Doel
Nine	A Hop (Ah-Hop/Ah-Hoe)	-	Nineteen	Yeol-A Hop
Ten	Yeol (Yull)	-	Twenty	Sumul (Soo-Mool)

THE TENETS OF TAEKWONDO

TERM		MEANING
1. Courtesy	---	To be respectful to others.
2. Integrity	---	To be honest and loyal.
3. Perseverance	---	To never give up.
4. Self-Control	---	To control yourself physically and mentally.
5. Indomitable Spirit	---	To never be put down by others.

THE MEMBERSHIP OATH

1. I shall observe (and live by) the Tenets of Taekwondo.
2. I shall respect my instructors and seniors.
3. I shall never misuse Taekwondo.
4. I shall be a champion of freedom and justice.
5. I shall help build a more peaceful world

While reciting the Membership Oath, you should hold your right hand above your heart with your other hand behind your back.

GENERAL QUESTIONS

*You are not expected to know everything; only some of these questions listed will be asked - not all of them.
You may also be asked something that is not listed; pay attention to any terminology said in class.*

Name of your Master:	---	Bu Kwan Jang Nim - Steve Large
Name of your Grand Master:	---	Kwan Jang Nim - Gil Woo Kim
Name of your uniform:	---	Dobok (Doe-Bok)
Name of the place you train at:	---	Dojang (Doe-Jang)
Greeting the Grand Master:	---	Bong Gop Sham Nee Da – Kwan Jang Nim - Gil Woo Kim
Name of Taekwondo Headquarters:	---	Kukkiwon
Location of Kukkiwon:	---	Seoul, South Korea
What is red and what is blue:	---	Hong is red and chung is blue
Bow to the black belts:	---	Charyut – Udanga Adahae Kyung Nea
Bow to the Instructor/Master:	---	Charyut – Sabomnim Adahae Kyung Nea
Bow to the Grand Master:	---	Charyut – Kwan Jang Nim Adahae Kyung Nea
Bow to the flags:	---	Charyut – Kukki Adael Adahae Kyung Nea

-“Bong Gop Sham Nee Da” means “Nice to see you again.”

-“Kwan Jang Nim” means “Grand Master.” --- “Bu” means “Assistant” or “vice.”

-“Charyut” is pronounced “Cheer-Ee-Ut” and means “Attention.”

-“Udanga” is pronounced “You-Dun-Jah” and means “Black belt.”

-“Sabomnim” is pronounced “Sab-Um-Nim” and means “Master.”

-“Kukki Adael” is pronounced “Koo-Kee Ah-Dial” and means “Flag.”

-“Adahae Kyung Nea” is pronounced “Ah-Da-Hi-Ah Kyung Nay” and is a formal way to command a bow.

-You can replace “Adahae” with “Gae” (pronounced “Gay”) when bowing to someone of similar rank. This is the informal way to command a bow.

Why did you join Taekwondo?

What is your favorite kick? (May be asked to demonstrate)

KICKS

ENGLISH (KICK)	KOREAN (CHUGEE – “CHU-GEE”)
Fourty-Five Kick	Bip Chugee (Bip/Bee)
Roundhouse Kick	Doryo Chugee (Dor-Ee-Oh)
Front Kick	Ahp Chugee (Ahp)
Side Kick	Yop Chugee (Yop)

STANCES

ENGLISH (STANCE)	KOREAN (SEOGEE – “SOO-GEE”)
Front Stance	Ahp Seogee (Ahp)
Back Stance	Di Seogee (Dee)
Horseback Stance	Chuchum Seogee (Chuh-Choom)

RED BELT up to BLACK BELT



Terminology Sheet

You will be asked some of these questions during your belt test!



COUNTING

ENGLISH (1-10)	KOREAN (1-10)	-	ENGLISH (11-20)	KOREAN (11-20)
One	Ha Na (Hana)	-	Eleven	Yeol-Ha Na
Two	Dul (Dool)	-	Twelve	Yeol-Dul
Three	Set (Set)	-	Thirteen	Yeol-Set
Four	Net (Net)	-	Fourteen	Yeol-Net
Five	Da Seot (Dah-Set)	-	Fifteen	Yeol-Da Seot
Six	Ya Seot (Yah-Set)	-	Sixteen	Yeol-Ya Seot
Seven	Il Gop (ill-Gop)	-	Seventeen	Yeol-Il Gop
Eight	Yeo Deol (Yah-Dool)	-	Eighteen	Yeol-Yeo Doel
Nine	A Hop (Ah-Hop/Ah-Hoe)	-	Nineteen	Yeol-A Hop
Ten	Yeol (Yull)	-	Twenty	Sumul (Soo-Mool)

THE TENETS OF TAEKWONDO

TERM		MEANING
1. Courtesy	---	To be respectful to others.
2. Integrity	---	To be honest and loyal.
3. Perseverance	---	To never give up.
4. Self-Control	---	To control yourself physically and mentally.
5. Indomitable Spirit	---	To never be put down by others.

THE MEMBERSHIP OATH

1. I shall observe (and live by) the Tenets of Taekwondo.
2. I shall respect my instructors and seniors.
3. I shall never misuse Taekwondo.
4. I shall be a champion of freedom and justice.
5. I shall help build a more peaceful world

While reciting the Membership Oath, you should hold your right hand above your heart with your other hand behind your back.

GENERAL QUESTIONS

*You are not expected to know everything; only some of these questions listed will be asked - not all of them.
You may also be asked something that is not listed; pay attention to any terminology said in class.*

Name of your Master:	---	Bu Kwan Jang Nim - Steve Large
Name of your Grand Master:	---	Kwan Jang Nim - Gil Woo Kim
Name of your uniform:	---	Dobok (Doe-Bok)
Name of the place you train at:	---	Dojang (Doe-Jang)
Greeting the Grand Master:	---	Bong Gop Sham Nee Da – Kwan Jang Nim - Gil Woo Kim
Name of Taekwondo Headquarters:	---	Kukkiwon
Location of Kukkiwon:	---	Seoul, South Korea
What is red and what is blue:	---	Hong is red and chung is blue
Bow to the black belts:	---	Charyut – Udanga Adahae Kyung Nea
Bow to the Instructor/Master:	---	Charyut – Sabomnim Adahae Kyung Nea
Bow to the Grand Master:	---	Charyut – Kwan Jang Nim Adahae Kyung Nea
Bow to the flags:	---	Charyut – Kukki Adael Adahae Kyung Nea

-“Bong Gop Sham Nee Da” means “Nice to see you again.”

-“Kwan Jang Nim” means “Grand Master.” --- “Bu” means “Assistant” or “vice.”

-“Charyut” is pronounced “Cheer-Ee-Ut” and means “Attention.”

-“Udanga” is pronounced “You-Dun-Jah” and means “Black belt.”

-“Sabomnim” is pronounced “Sab-Um-Nim” and means “Master.”

-“Kukki Adael” is pronounced “Koo-Kee Ah-Dial” and means “Flag.”

-“Adahae Kyung Nea” is pronounced “Ah-Da-Hi-Ah Kyung Nay” and is a formal way to command a bow.

-You can replace “Adahae” with “Gae” (pronounced “Gay”) when bowing to someone of similar rank. This is the informal way to command a bow.

-Why did you join Taekwondo?

-What is your favorite kick? (May be asked to demonstrate)

-How do you use [Courtesy/Integrity/Perseverance/Self-Control/Indomitable Spirit] in your everyday life? Give an example.

KICKS

ENGLISH (KICK)	KOREAN (CHUGEE – “CHU-GEE”)
Fourty-Five Kick	Bip Chugee (Bip/Bee)
Roundhouse Kick	Doryo Chugee (Dor-Ee-Oh)
Front Kick	Ahp Chugee (Ahp)
Side Kick	Yop Chugee (Yop)
Axe Kick	Naryo Chugee (Nar-Ee-Oh)
Hook Kick	Di-Doryo Chugee (Di-Dor-Ee-Oh)
Back Kick/Spinning Side Kick	Di Chugee (Di)

“Di-Doryo” means “Backwards Roundhouse”

STANCES

ENGLISH (STANCE)	KOREAN (SEOGEE – “SOO-GEE”)
Front Stance	Ahp Seogee (Ahp)
Back Stance	Di Seogee (Dee)
Horseback Stance	Chuchum Seogee (Chuh-Choom)
Cat Stance	Boom Seogee (Boom)



BLOCKS

ENGLISH (BLOCK)	KOREAN (MAHKEE – “MAH-KEE”)
Down Block	Naryo Mahkee (Nar-Ee-Oh)
Middle Block	Momtom Mahkee (Mom-Tom)
Up Block	Oogol Mahkee (Oo-Gol)
Single Knife-Hand Block	Han-Sonal Mahkee (Hahn-Sah-Nol)
Double Knife-Hand Block	Sonal Mahkee (Sah-Nol)

OTHER

ENGLISH	KOREAN
Belt	Dhee (Dee)
Thank you	Gomsahabnida (Gom-Sah-Hahb-Nee-Dah)
Hello (To elders and instructors)	Annyeonghaseyo (Ahn-Yung-Hahss-Ay-Oh)
Hello (To friends and family)	Annyeong (Ahn-Yung)
Goodbye (To elders and instructors)	Annyeongeekaseyo (Ahn-Yung-Ee-Kahss-Ay-Oh)
Goodbye (To friends and family)	Annyeong (Ahn-Yung)