



# 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 (tool)
Three	Set (Set)
Four	Net (Net)
Five	Da Seot (tah-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 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 Gwan Jang Nim - Steve Large
- Name of your Grand Master:** --- .....Gwan 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 – Gwan Jang Nim - Gil Woo Kim

*-“Gwan 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 (tool)	-	Seven	Il Gop (ill-Gop)
Three	Set (Set)	-	Eight	Yeo Deol (Yah-tool)
Four	Net (Net)	-	Nine	A Hop (Ah-Hop)
Five	Da Seot (tah-Set)	-	Ten	Yeol (Oowl)

### THE TENETS OF TAEKWONDO

TERM		MEANING
1. Courtesy	---	To be respectful to others.
2. Integrity	---	To be honest and loyal.
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### THE MEMBERSHIP OATH

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## GENERAL QUESTIONS

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

*-"Bong Gop Sham Nee Da" means "Nice to see you again."*

*-"Gwan 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 (tool)	-	Twelve	Yeol-Dul
Three	Set (Set)	-	Thirteen	Yeol-Set
Four	Net (Net)	-	Fourteen	Yeol-Net
Five	Da Seot (tah-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-tool)	-	Eighteen	Yeol-Yeo Doel
Nine	A Hop (Ah-Hop)	-	Nineteen	Yeol-A Hop
Ten	Yeol (Oowl)	-	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.
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### THE MEMBERSHIP OATH

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# GENERAL QUESTIONS

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- Greeting the Grand Master:** --- Bong Gop Sham Nee Da – Gwan 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.”*

*-“Gwan 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 (tool)	-	Twelve	Yeol-Dul
Three	Set (Set)	-	Thirteen	Yeol-Set
Four	Net (Net)	-	Fourteen	Yeol-Net
Five	Da Seot (tah-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-tool)	-	Eighteen	Yeol-Yeo Doel
Nine	A Hop (Ah-Hop)	-	Nineteen	Yeol-A Hop
Ten	Yeol (Oowl)	-	Twenty	Sumul (Soo-Mool)

### THE TENETS OF TAEKWONDO

TERM		MEANING
1. Courtesy	---	To be respectful to others.
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### THE MEMBERSHIP OATH

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<b>Name of Taekwondo Headquarters:</b>	---	Kukkiwon
<b>Location of Kukkiwon:</b>	---	Seoul, South Korea
<b>What is red and what is blue:</b>	---	Hong is red and chung is blue
<b>Bow to the black belts:</b>	---	Charyut – Udanga Adahae Kyung Nea
<b>Bow to the Instructor/Master:</b>	---	Charyut – Sabomnim Adahae Kyung Nea
<b>Bow to the Grand Master:</b>	---	Charyut – Gwan Jang Nim Adahae Kyung Nea
<b>Bow to the flags:</b>	---	Charyut – Kukki Adael Adahae Kyung Nea

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

*-“Gwan 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

<b>ENGLISH (KICK)</b>	<b>KOREAN (CHUGEE – “CH° -GEE”)</b>
Fourty-Five Kick	Bi Chagee (Bit/Bee)
Roundhouse Kick	Doryo Chagee (Dol-Ree-Oh)
Front Kick	Ahp Chagee (Ahp)
Side Kick	Yop Chagee (Yop)

## STANCES

<b>ENGLISH (STANCE)</b>	<b>KOREAN (SEOGEE – “SO8-GEE”)</b>
Front Stance	Ahp Seogee (Ahp)
Back Stance	Di Seogee (Dee)
Horseback Stance	Chuchum Seogee (Chuh-Choom)



# RED BELT up to BLACK BELT



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Five	Da Seot (tah-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-tool)	-	Eighteen	Yeol-Yeo Doel
Nine	A Hop (Ah Hop)	-	Nineteen	Yeol-A Hop
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### THE MEMBERSHIP OATH

1. I shall observe (and live by) the Tenets of Taekwondo.
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*While reciting the Membership Oath, you should hold your right hand above your heart with your other hand behind your back.*

# GENERAL QUESTIONS

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<b>Name of your uniform:</b>	---	Dobok (Doe-Bok)
<b>Name of the place you train at:</b>	---	Dojang (Doe-Jang)
<b>Greeting the Grand Master:</b>	---	Bong Gop Sham Nee Da – Gwan Jang Nim - Gil Woo Kim
<b>Name of Taekwondo Headquarters:</b>	---	Kukkiwon
<b>Location of Kukkiwon:</b>	---	Seoul, South Korea
<b>What is red and what is blue:</b>	---	Hong is red and chung is blue
<b>Bow to the black belts:</b>	---	Charyut – Udanga Adahae Kyung Nea
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**-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	Bi Chagee (Bit/Bee)
Roundhouse Kick	Doryo Chagee (Dol-Ree-Oh)
Front Kick	Ahp Chagee (Ahp)
Side Kick	Yop Chagee (Yop)
Axe Kick	Naryo Chagee (Nar-Ree-Oh/Chiki)
Hook Kick	Di-Doryo Chagee (Di-Dol-Ree-Oh)
Back Kick/Spinning Side Kick	Di Chagee (Di)

*“Di-Doryo” means “Backwards Roundhouse”*

## STANCES

ENGLISH (STANCE)	KOREAN (SEOGEE – “SO8-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	Arae Mahkee (Arae-Mah-Kee)
Middle Block	Momtom Mahkee (Mom-Tom)
Up Block	Oogol Mahkee (Oo-Gol)
Single Knife-Hand Block	Han-Sonal Mahkee (Hahn-Sun-Nol)
Double Knife-Hand Block	Sonal Mahkee (Sun-Nol)

## OTHER

ENGLISH	KOREAN
Belt	Dhee (Dee)
Thank you	Gomsahabnida (Gom-Sah-Ham-Nee-Dah)
Hello (To elders and instructors)	Annyeonghaseyo (Ahn-Yung-Ha-sey-Oh)
Hello (To friends and family)	Annyeong (Ahn-Yung)
Goodbye (To elders and instructors)	Annyeongeekaseyo (Ahn-Yung-Ee-Ka-say-Oh)
Goodbye (To friends and family)	Annyeong (Ahn-Yung)