



### What does White Belt Signify?

White Belt signifies innocence, having no previous knowledge of Tae Kwon-Do.

### What do the words "Tae Kwon-Do" mean?

Foot (Tae) Hand (Kwon) & Way or Art (Do)

### Where did Tae Kwon-Do originate?

South Korea

### What are the five Tenets of Tae Kwon-Do?

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

### Korean Translations

High Section	Nopunde
Middle Section	Kaunde
Low Section	Najunde
Training Hall	Dojang
Training Suit	Dobok
Belt	Ti
Stance	Sogi
Walking Stance	Gunnun Sogi (50/50 weight distribution)
Walking Ready Stance	Gunnun Junbi Sogi
Sitting Stance	Annun Sogi (50/50 weight distribution)
Block	Makgi
Outer Forearm Low Block	Bakat Palmok Najunde Makgi
Inner Forearm Middle Block	An Palmok Kaunde Makgi
Rising Kick	Ap Cha Olligi
Obverse Punch	Baro Jirugi
Reverse Punch	Bandae Jirugi
4 Directional Punch	Saju Jirugi
Inner Forearm	An Palmok
Outer Forearm	Bakat Palmok