



White Belt Homework

White belts interested in testing to yellow belt must know the following:

Meaning:

White, Innocence: The start of the Tae Kwon Do journey.

Rank: 10th Gup

Vocabulary:

“Up-Chagi” - Front Kick/“Yep-Chagi” - Side Kick/“Dol-Yuh-Chagi” - Roundhouse Kick

“Up-Cha-Ol-Lee-Gi” - Stretching Kick

“Makki” - Block

“Adae Makki” - Low Block

“Hana” - One

“Dul” - Two

“Set” - Three

“Net” - Four

“Ta-Sut” - Five

“Ya-Sut” - Six

“Ill-go” - Seven

“Yo-dul” - Eight

“Ah-hop” - Nine

“Yul” - Ten

“Choong-Sung” - Respect and Loyalty / “Poomse” - Form / “Tae-Kwon-Do” - Foot Fist Art

Form:

Taegeuk il jang

Self-Defense:

All Self Defense that the student has learned in class, minimum is Number 1, starting from a Right guarding stance.

Board-Breaking:

Right Leg Side Kick

Strength:

10 Pushups, 20 Squats

Cost: \$75

BELT TESTING DATE _____ PARENT SIGNATURE _____