



10

WHITE BELT

TO

9

YELLOW STRIPE



BEGINNER EDUCATIONAL REQUIREMENTS

Pattern: 4 Directional Punch
7 Moves

Where is TaeKwon-Do From?
Korea

What does TaeKwon-Do mean?

Tae Kick, strike, attack, defend with the foot
Kwon Punch, strike attack, defend with the hand
Do The “art” and “way” of living and doing.

What is the I.T.F.?
INTERNATIONAL TAEKWON-DO FEDERATION

Why do we bow?
Courtesy, Promise, Reminder

What are the colors of belts in order?
White / Yellow / Green / Blue / Red / Black

Count to “5” in Korean

1. Hana
2. Tool
3. Set
4. Net
5. Ta Set

What does a white belt represent?

The beginner, innocence. One who has no previous knowledge of Taekwon-Do

What are the rules for concentration?

Focus my eyes
Focus my ears
Focus my mind
Focus my body