



# White Belt / 10<sup>th</sup> Kup - Theory



**White Belt** – signifies innocence, as the beginner student has no previous knowledge of TKD

**Four Directional Punch** – Sajo Jirugi

**This is an EXERCISE not a PATTERN**

Training suit – Dobok  
Training hall – Dojang  
Instructor – Sabum  
Belt – Ti  
Student – Jeja  
Bow – Kyong Ye  
Forefist – Ap Joomuk

**Stance (Sogi)**

Attention stance - Charyot Sogi

Sitting stance – Annun Sogi

Walking stance – Gunnun Sogi

**Block – Makgi**

Inner forearm block – An Palmok Makgi

**Punch –Jirugi**

**Kicks**

Front Kick – Ap Chagi Olligi

**What does taekwondo mean?**

Foot (Tae), Fist (Kwon), Art (Do)

**Tenets:**

Courtesy  
Integrity  
Perseverance  
Self-Control  
Indomitable Spirit

**Numbers:**

1 – Hanna	6 – Yosaul
2 – Dool	7 – Ilgop
3 – Seth	8 – Yodoll
4 – Neth	9 – Ahop
5 – Dasaul	10 – Yoll

**Everyone - learn all terms for this belt**

