



WHITE BELT

Please study your Poomse (Forms) and Questions for your Exam!
If you need extra help sign-up for Private Sessions.

I. POOMSE (Forms):

1. Basic Form Number 1- Chun Gi

II. KOREAN TERMINOLOGY

1. **Attention** (Cha-riot) **Ready Stance** (Joon-Bee)
2. **Bow** (kyung-Neh) **Master Instructor** (Sa-Bum-Nim)

III. PHILOSOPHY: (4-6yrs only questions 1-3)

1. What is Tae Kwon Do?

The Korean Martial Art SIR!

2. What does Tae Kwon Do mean?

- a. Tae – means to jump, kick, or smash with the foot.
- b. Kwon – denotes a fist, to punch or destroy with the hand or fist.
- c. Do – means the art or method SIR!

3. What are the Tenets of Taekwondo?

4. What is the meaning of the White Belt?

The beginning of knowledge and the development of basic skills,
man is a seed hidden beneath the winter snow SIR!

IV. BREAKING:

Hammer Fist – (4yrs - 10yrs)

Palm Heel

Parents: *The White to Yellow Belt Exam is very important for our students because it is their first official Test! Please review the questions and terms and practice the Poomse for the test.*

We ask that one or both parents be present at the Test.

Cameras and Video welcome!!!