



NONE GUP WHITE BELT STUDY GUIDE

TEN ARTICLES OF STUDENT COMMITMENT:

1. Be loyal to your country.
2. Honor your parents.
3. Be loving between husband and wife.
4. Be cooperative between brothers and sisters.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teachers and students.
8. Use good judgment before killing living things.
9. Never retreat in battle.
10. Always finish what you start.

COUNTING NUMBERS:

HANA	1
DOOL	2
SET	3
NET	4
DASOT	5
YASOT	6
ILKUB	7
YODULB	8
AHOBE	9
YOLE	10

KOREAN TERMINOLOGY:

CHERRY-YOT	Attention Stance	SA BOO NIM	Head Master Instructor
KEY-YOUNG NET	Bow / Salute	SA BUM NIM	Instructor
JUNE BEE	Ready Stance	BOO SA BUM NIM	Assistant Instructor
KI HOP	Yell	SUN BAY NIM	Senior Belt
DO BOKE	Uniform		
DO JONG	Workout Area		
BA ROW	Return to June Bee Stance		

WHAT IS THE MEANING OF THE WHITE BELT ? Pure, No Knowledge, Humble.

WHAT ARE THE FIVE TENENTS OF TAEKWONDO? Courtesy, Integrity, Perseverance,
Self Control, Indomitable Spirit

Requirements to advance to 9th Gup - High White Belt:

FITNESS

1. White Belt Study Guide : 2. 10 Push-ups, Modernized Sit-ups & Jumping Jacks

BASIC TECHNIQUES

1. Basic Punching : 2. Basic Kicking (F, S, R) : 3. Basic Blocking (L, H, I, O)

POOMSAE PATTERN/FORMS

1. Kwon Sool (English)(8 Basic Hand Techniques) : 2. Chagi Sool (F, S, R)

SELF-DEFENSE & SPARRING

1. White Belt One-Step Self-Defense : 2. Promise (No Contact) Sparring

BREAKING

Back Hand Hammer Fist (Ages 12 & Under) : Back Hand Punch (13 & Up)