



Junior 10th Kup (White Belt) Word Sheet



Tae Kwon Do comes from Korea.	Tae Kwon Do means – Foot, Hand, Way of life & Art
The founder of Tae Kwon Do was General Choi Hong Hi 9 th Dan	Instructor Master K Chahal 6 th Dan
White Belt is a beginner – someone who is new to Tae Kwon Do	
<p>The five tenants of Tae Kwon Do are:</p> <ul style="list-style-type: none"> • Courtesy • Integrity • Perseverance • Self-Control • Indomitable Spirit 	<p><u>Four Main Stances –</u></p> <ul style="list-style-type: none"> • Attention Stance - Chariot Sogi • Walking Stance - Gunnan Sogi • Ready Stance - Narani Junbi Sogi • Sitting Stance - Annun Sogi
<u>Key Words:</u>	
<p>Forearm - Palmok</p> <p>Uniform - Dobok</p> <p>Training hall - Dojang</p> <p>Belt – Ti</p> <p>Rising Block – Chookyo Makgi</p>	<p>Block - Makgi Stance - Sogi</p> <p>4 Directional punch - Sarju Jurigi</p> <p>Low – Najunde</p> <p>Middle Kaunde</p> <p>High - Nopunde</p>