

White Belt Theory

Belt:

White: Signifies innocence, as that of the beginning student who has no previous knowledge of Tae Kwon-do.

Korean Terms:

Training Hall	Dojang	Low Section	Najunde
Training Suit	Dobok	Middle Section	Kaunde
Instructor	Sabum	High Section	Nopunde
Belt	Ti		
Student	Jeja	Forefist	Ap Joomuk
		Forearm	Palmok
Attention	Charyot	Inner Forearm	An Palmok
Bow	Kyong-Ye	Outer Forearm	Bakat Palmok
Ready	Chunbi		
Start	Si-Jak	Stance	Sogi
Stop	Goman	Attention Stance	Charyot Sogi
Return to Ready		Parallel (Ready)	Narani (Chunbi) Sogi
Stance	Barrol	Stance	
Dismiss	Haessan	Sitting Stance	Annun Sogi
Forwards	Apro Kaggi	Walking Stance	Gunnun Sogi
Backwards	Dwiyro Kaggi		
About Turn	Dwiyro Torro	Inner Forearm Block	An Palmok Makgi
Shout	Kihap	Outer Forearm Block	Bakat Palmok Makgi
		Inner Forearm Middle	An Palmok Kaunde
One	Hanna	Block	Makgi
Two	Dool	Outer Forearm Low	Bakat Palmok Najunde
Three	Seth	Block	Makgi
Four	Neth		
Five	Dasaul	Obverse Punch	Baro Jirugi
Six	Yosaul	Reverse Punch	Bandae Jirugi
Seven	Ilgop	Four Directional Punch	Sajo Jirugi
Eight	Yodoll		
Nine	Ahop		
Ten	Yoll	Front Rising Kick	Ap Chaolligi
		Side Rising Kick	Yop Chaolligi

White Belt Theory

TAGB stands for Tae Kwon-Do Association of Great Britain

Tae Kwon-Do originated in South Korea

Name and grade of your instructor;

Mr Keith O'Neil, 4th degree black belt

The Five Tenets:

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

Meaning of Tae Kwon-Do:

Tae literally means to jump, kick or smash with the foot. Kwon means to punch, strike or destroy with the hand, Do means art, way or method: *Foot, Hand Way or Art*

Why do we Kihap?

Correct breath control will not only improve ones stamina and speed, but will also focus the power of a technique. Correct breathing in martial arts is performed using the diaphragm. A sharp exhaling of breath during movement with a sudden stop on impact of technique tenses the abdomen and maximises power and effort of delivery. The breathing technique in Tae Kwon-do is called kihap or shout. Although called a shout, be careful not to use the vocal cords instead of the diaphragm or all benefits will be lost.