

WHITE BELT>YELLOW STRIPE THEORY REQUIREMENT

How to Bow to:

The General	Charyot Chong Shi Ja Nim Ke Kyung Ye
The Examiner	Charyot Shim Sa Kwa Nim Ke Kyung Ye
The Instructor	Charyot Sa Bum Nim Ke Kyung Ye

Counting in Korean:

One	Hana
Two	Dul
Three	Set
Four	Net
Five	Dasot
Six	Yasot
Seven	Ilgop
Eight	Yodul
Nine	Ahop
Ten	Yul

Korean Terminology:

Charyot (cha-dee-ut)	Attention
Junbi (joon-bee)	Ready
Paro (pa-row)	Back to Ready Stance
Swiyo (shaw)	Relax
Kyong Ye	Bow
Dobak	Uniform
Dojang	Training Area

History:

Founder of Taekwon-do	General Choi Hong Hi
Date Taekwon-do was found	April 11,1955

Student Oath:

- I shall observe the tenants of Taekwon-do:
 - Courtesy (Ye Uli)
 - Integrity (Yom Chi)
 - Perseverance (In Nae)
 - Self-Control (Guk Gi)
 - Indomitable Spirit (Baekjool Bulgool)
- I shall respect the instructors and seniors.
- I shall never misuse Taekwon-do.
- I shall be a champion of freedom and justice.
- I shall rebuild a more peaceful world.

Measurements of Stances:

Parallel Stance

-One shoulder width apart

Walking Stance

-One shoulder width.

-One and a half shoulder in length.