

YELLOW STRIPE > YELLOW BELT**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

Measurements of Stances:**Parallel Stance** -One shoulder width apart
Walking Stance -One shoulder width.
 -One and a half shoulder in length.
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 ITF was found	March 22,1996

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.

FUNDAMENTAL MOVEMENTS:

SAJU-JIRUGI	four directional punch
SAJU-MAKGI	four directional block

MEANING OF CHON – JI

- Literally the Heaven and the Earth.
- It is in the Orient interpreted as the creation of the world and the beginning of human history.
- Therefore, it is the initial pattern played by the beginner. This pattern consists of two similar part one to represent the Heaven and the other the Earth.