



## WHITE BELT

I. **POOMSE (Forms)**: Basic Form Number 1 – Kicho il bo

II. **PHILOSOPHY**:

1. **What do you learn at this school?**
  - Tae Kwon Do SIR!
2. **What is Tae Kwon Do?**
  - The Korean Martial Art SIR!
3. **What does Tae Kwon Do mean?**
  - Tae – means foot or kicking
  - Kwon- implies hand, first or punching
  - Do- means art or way SIR!
4. **What is the name of your school?**
  - All Star Tae Kwon Do SIR!
5. **What is the telephone number of your Home?**
  - Your Home number SIR!
6. **What do you call your Master instructor?**
  - Sa Bum Nim SIR!
7. **What is your master's Name?**
  - Sa Bum Nim Kang Sun Hong SIR!
8. **Can you count to ten in Korean?**
  - There are two ways to count to ten in Korean:  
Hana 1, Yasut 6 or Il 1, Yuk 6  
Dool 2, Elgop 7 Ee 2, Chil 7  
Set 3, Yudal 8 Sam 3, Pal 8  
Net 4, Ahop 9 Sa 4, Koo 9  
Dasut 5, Yaul 10 Oh 5, Ship 10  
..... SIR!

III. **BREAKING**:

1. Hammer Fist – 3 bad habits