



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, fist 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