



## NONE-KUB - WHITE BELT

The meaning and significance of white:  
Pure, no knowledge, humble.

**Form:** Blocking Form & Stance Form  
Kwonsool and Chagisool

**Breaking:** Hammer Fist

**TERMS (Children 12 & under pick three. 13 and older pick five)**

### TEN ARTICLES OF STUDENTS COMMITMENT

1. Be loyal to your country.
2. Honor your parents.
3. Be loving between husband and wife.
4. Be cooperative between brothers and sisters.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teachers and students.
8. Use good judgment before killing living things.
9. Never retreat in battle.
10. Always finish what you start.

### FIVE TENETS OF TAE KWON DO

1. Courtesy    2. Integrity    3. Perseverance
4. Self Control    5. Indomitable Spirit

### Cardinal Numbers

One	<b>Hana</b>
Two	<b>Dool</b>
Three	<b>Set</b>
Four	<b>Net</b>
Five	<b>Da set</b>
Six	<b>Yeo set</b>
Seven	<b>Il kob</b>
Eight	<b>Yoe dool</b>
Nine	<b>Ahob</b>
Ten	<b>Yeol</b>

### Terminologies

<b>Charyeot</b>	Attention	<b>Kyung naet</b>	Bow
<b>JoonBi</b>	Ready stance	<b>Baro</b>	Return to ready
<b>Dobok</b>	Uniform	<b>Dojang</b>	Work out area
<b>Sa bum nim</b>	T K D Teacher		