

WHITE TIGER MARTIAL ARTS

Red Belt

Vocabulary: all answers must be followed with "sir"

Chop: Son-nal Chi-gee

Palm Strike: Pa-tang-son Tuk-chi-gee

Single Mountain Block: Oeh-san-tul-mak-kee

Knowledge:

What are the 3 basic points to remember in Taekwondo?

The 3 basic points are: eye contact, good balance and a loud, strong ki-yup.

Where are the 3 attack points?

High Section: Under the Nose

Middle Section: Solar Plexus

Low Section: Groin

Counting Numbers

81. Yu-dun Ha-nah 82. Yu-dun Dool 83. Yu-dun Set 84. Yu-dun Net

85. Yu-dun Da-sut 86. Yu-dun Yu-sut 87. Yu-dun Eel-gop 88. Yu-dun Yu-dul

89. Yu-dun A-hop 90. Ah-hun

Home Rules: Age 13 & under Numbers 1-8