Vocabulary: all answers must be followed with “sir”

Breaking: Kyuk-pa
Training area: Do-Jang
Walking stance: Ap-su-gee

Knowledge:
What does TKD means?
Tae: foot or kicking Kwon: implies hand, fist or punching Do: Art or way

Why do we yell in TKD?
To develop internal and spiritual strength with concentration, confidence and power.

Counting Numbers:

Home Rules: Age 13 & under Numbers 1-8