

WHITE TIGER MARTIAL ARTS

Jr. Green Belt

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:

11. Yul Ha-nah 12. Yul Dool 13. Yul Set 14. Yul Net 15. Yul Da-sut
16. Yul Yu-sut 17. Yul Eel-gop 18. Yul Yu-dul 19. Yul A-hop 20. Soo-mool

Home Rules: Age 13 & under Numbers 1-8