

# Heart of England Taekwon-do

## 10th Kup (White Belt) Theory Work



### GENERAL TERMS

Training Hall  
Training Suit  
Instructor  
Student  
Bow  
Ready  
Dismiss

### COUNTING

one  
two  
three  
four  
five  
six  
seven  
eight  
nine  
ten

### BODY SECTIONS

Low  
Middle  
High

### EXERCISES

Four Directional Punch  
Four Directional Block

### OFFENSIVE / DEFENSIVE MOVES

Punch  
Block  
Kick  
Stance

**Name the founder of Taekwon-Do?**

**Name the tenets of Taekwon-Do?**

**What does white signify?**

**What is the TaeKwon-do oath?**

### GENERAL TERMS

DOJANG  
DOBOK  
SABUM  
JEJA  
KYONG-YE  
CHUNBI  
HAESSEN

### COUNTING

HANNA  
DOOL  
SETH  
NETH  
DASUAL  
YASUAL  
ILGOP  
YODOLL  
AHOP  
YOLL

### BODY SECTIONS

NAJUNDE  
KAUNDE  
NOPUNDE

### EXERCISES

SAJO JIRUGI  
SAJO MAKGI

### OFFENSIVE / DEFENSIVE MOVES

JIRUGI  
MAKGI  
CHAGI  
SOGI

Major General Choi Hong Hi 9th Degree

Courtesy  
Integrity  
Perseverance  
Self Control  
Indomitable Spirit

White signifies the beginning student who has no previous knowledge of TaeKwon Do

I shall observe the tenets of Taekwon-Do  
I shall respect the instructor and seniors  
I shall never misuse Taekwon-Do  
I shall be a champion of freedom and justice  
I shall build a more peaceful world