

WHITE BELT...

Very Simple Instructions – First 8 moves of Pattern –

<https://www.youtube.com/watch?v=WKFti2eGE48>

Very Simple Instructions – All 19 moves of Pattern –

https://www.youtube.com/watch?v=IGCp1a_Qg7Y

Pattern with instruction (much more detailed) –

<https://www.youtube.com/watch?v=eMNdisSfPRg>

Pattern Regular Speed – https://www.youtube.com/watch?v=h_hgs2Oez30

TERMINOLOGY:

Definition – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/1_Chon-Ji%20Saying.mp3?ver=1750877246224

Numbers 1 -10 in Korean – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espaol%20a%20Coreano_1-10.MP3?ver=1750877246224

Aims to Achieve –

<https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>