



NONE-KUB - WHITE BELT

The meaning and significance of white:
Pure, no knowledge, humble.

Form: Blocking Form & Stance Form
Kwonsool.

Breaking: Hammer Fist

TERMS (Children 12 & under pick three. 13 and older pick five)

TEN ARTICLES OF STUDENTS COMMITMENT

1. Be loyal to your country.
2. Honor your parents.
3. Be loving between husband and wife.
4. Be cooperative between brothers and sisters.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teachers and students.
8. Use good judgment before killing living things.
9. Never retreat in battle.
10. Always finish what you start.

Cardinal Numbers

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Da set
Six	Yeo set
Seven	Il kob
Eight	Yoe dool
Nine	Ahob
Ten	Yeol

FIVE TENETS OF TAE KWON DO

1. Courtesy 2. Integrity 3. Perseverance
4. Self Control 5. Indomitable Spirit

Terminologies

Charyeot	Attention	Kyung naet	Bow
JoonBi	Ready stance	Baro	Return to ready
Dobok	Uniform	Dojang	Work out area
Sa bum nim	T K D Teacher		