

WARRIOR CODE

TAEKWONDO ACADEMY



WHITE BELT LEVEL

10th Kup

Requirements to move up to the next level:

(please note that these are minimum requirements)

30 Classes of active participation

4 months of consistent training

3-physical stripes

1-knowledge (homework) stripe

WHITE BELT (10TH KUP) STUDENT STUDY GUIDE



Things to Memorize, Study and Understand

A. The Taekwon-Do Oath (Student Oath)

1. I shall observe the tenets of Taekwon-Do
2. I shall respect the instructors and seniors
3. I shall never misuse Taekwon-Do
4. I shall be a champion of freedom and justice
5. I shall build a more peaceful world

B. The Tenets of Taekwon-Do

Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit

C. Who is the founder of Taekwon-Do?

The founder of Taekwon-Do is **GENERAL CHOI HONG HI** (November 9, 1918- June 14, 2002).

D. What is the birthday of Taekwon-Do?

Taekwon-Do was given its name on **APRIL 11, 1955**.

E. What does Taekwon-Do mean / stand for?

TAE - means foot for kicking, jumping, running.

KWON - means hand or fist for punching, blocking, striking

DO - means the art, way or lifestyle.

The quick translation is "the way of the hand and foot". It is written this way (with a dash between the Taekwon & Do because it is designed to be an equation - balancing the physical with the mental, emotional and spiritual side of the martial art (not just a sport).



STUDY GUIDE

Things to Memorize, Study and Understand

F. Basic Korean Commands

- 1) CHARYOT** (*pronounced "Cha-ree-yot"*) means Attention. When this command is given, the student(s) should form an Attention Stance.
- 2) KYONG YE** (*pronounced "Kee-young-yaee"*) means bow or salute. This command is given when a student is already in Attention stance. The student should make a bow no more than 15 degrees, looking at the instructor or training partner.
- 3) JUNBI** (*pronounced "Joom-bee"*) means get ready. This command is given when the class or student is about to begin a specific exercise. The student(s) should form the correct ready posture for the exercise.
- 4) SIJAK** (*pronounced "Shee-Jack"*) means start. This is the command from the instructor to begin the exercise.
- 5) BARO** (*pronounced "Bar-Row"*) means return to the starting, ready position. This command is given when the exercise or round is over and the student returns to the spot and position where they began the exercise.

G. What are the core values that Warrior Code were founded on?

Our Dojang (Warrior Code Taekwon-Do Academy) was founded on January 31, 2016. Our founding core values were: Honor, Respect & Loyalty. In 2023 we re-branded the core values to create a more clear understanding of our beliefs. Warrior Code follows these core values:

- KINDNESS - INTEGRITY - COURAGE - COMMUNITY - DEVELOPMENT

H. What is our Mission?

We empower individuals through disciplined training and fostering a community of integrity, strength, and excellence one class at a time.

I. What is our Vision?

We believe in upholding the highest standards of honor in everything we do, whether it be in our interactions with others, our dedication to training, or our commitment to personal growth.



STUDY GUIDE
Things to Memorize, Study and Understand

The reason for the "-" in Taekwon-Do is because this word is a balanced equation. This martial art must be balanced between physical (Taekwon) and mental/emotional/spiritual (Do) aspects.

INFORMATION ON THE BELTS OF TAEKWON-DO:

Beginner Ranks:

White Belt (10th Kup) *this is where you start*

Yellow Stripe (9th Kup)



Intermediate Ranks:

Yellow Belt (8th Kup)

Yellow Belt with Green Stripe (7th Kup)

Green Belt (6th Kup)

Green Belt with Blue Stripe (4th Kup)



Advanced Ranks:

Blue Belt (4th Kup)

Blue Belt with Red Stripe (3rd Kup)

Red Belt (2nd)

Red Belt with Black Stripe (1st Kup)



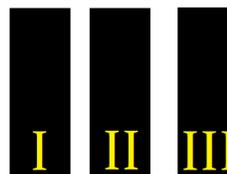
BLACK BELT RANKS IN TAEKWON-DO:

Assistant Instructor (*Boo-Sa-Bum*)

1st Degree (1st Dan)

2nd Degree (2nd Dan)

3rd Degree (3rd Dan)



International Instructor (*Sa-Bum*)

4th Degree (4th Dan)

5th Degree (5th Dan)

6th Degree (6th Dan)



Master Instructor (*Sa-Hyun*)

7th Degree (7th Dan)

8th Degree (8th Dan)



Grand Master Instructor (*Sa-Seong*)

9th Degree (9th Dan)

