



[www.grinnelltkd.com](http://www.grinnelltkd.com)  
319.430.0226

## White Belt Study Guide

1. True or False:

True\_\_ False\_\_ Shoes are allowed in the Do-Jang.

True\_\_ False\_\_ You must address your senior belts as Miss, Mrs., or Mr.

True\_\_ False\_\_ Gum and other forms of candy are allowed in the Do-Jang.

True\_\_ False\_\_ Horseplay is not allowed in the Do-Jang.

2. The five tenets of TaeKwonDo:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

3. Match the kick to its Korean translation:

Do Rye Chaki                      Side Kick

Yup Chaki                      Front Kick

Up Chaki                      Round House Kick

4. Write the Korean translation:

High Block \_\_\_\_\_

Middle Punch \_\_\_\_\_

Low Block \_\_\_\_\_



[www.grinnelltkd.com](http://www.grinnelltkd.com)

319.430.0226

5. Who started Jung's TaeKwonDo?

\_\_\_\_\_

6. What is the meaning of Chun-ji?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. What is the meaning of Palgwe?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. What is the meaning of the white belt?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. What is each instructor's birthday?

Mr. Gibson \_\_\_\_\_

Grandmaster Jung \_\_\_\_\_

10. Write the Korean translation of each number:

One \_\_\_\_\_ Two \_\_\_\_\_ Three \_\_\_\_\_

Four \_\_\_\_\_ Five \_\_\_\_\_ Six \_\_\_\_\_

Seven \_\_\_\_\_ Eight \_\_\_\_\_ Nine \_\_\_\_\_

Ten \_\_\_\_\_