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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 Ms. 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:

Doll Rye Chaki      Side Kick

Yup Chaki          Front Kick

Ap Chaki            Round House Kick

4. Write the Korean translation:

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

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

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



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5. Who started Jung's TaeKwonDo?

\_\_\_\_\_

6. What is the meaning of Chun-ji?

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

7. What is the meaning of Palgwe 1 (one word)?

\_\_\_\_\_

8. What is the meaning of the white belt?

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

9. What is each instructor's and parent's birthday?

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

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

Parent \_\_\_\_\_

10. Write the Korean translation of each number:

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

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

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

Ten \_\_\_\_\_