

### PRACTICAL

*Sitting stance, 10 punches  
Front rising kick (Acha Olligi)  
10 press ups  
SAJU JIRUGI (4 directional punching)*

#### **LINWORK IN WALKING STANCE**

*Forward - Middle punch  
Backward - Middle block  
Forward - Middle block reverse punch combination  
Backward - Low block*

### THEORY

#### **MEANING OF WHITE BELT**

*The meaning of white belt signifies innocence, as that of a beginning student who has no knowledge of Tae Kwon Do.*

#### **THE 5 TENETS OF TAE KWON DO**

*Courtesy  
Integrity  
Perseverance  
Self control  
Indomitable spirit*

#### **ENGLISH INTO KOREAN**

<i>Foot Fist Art</i>	<i>Tae Kwon Do</i>
<i>High</i>	<i>Nopunde</i>
<i>Middle</i>	<i>Kaunde</i>
<i>Low</i>	<i>Najunde</i>
<i>Attention stance</i>	<i>Charyot sogi</i>
<i>Parallel ready stance</i>	<i>Narani junbi sogi</i>
<i>Sitting stance</i>	<i>Annun sogi</i>
<i>Walking stance</i>	<i>Gunnum sogi</i>
<i>Middle section inner forearm block</i>	<i>Kaunde an polmak makgi</i>
<i>Low section outerforearm block</i>	<i>Najunde bakat polmak makgi</i>
<i>Forefist punch</i>	<i>Ap joomak jirugi</i>
<i>Forefist obverse punch</i>	<i>Ap joomak bara jirugi</i>
<i>Forefist reverse punch</i>	<i>Ap joomak bandae jirugi</i>