

WHITE BELT - 10th KUP

QUESTIONS ANSWERS

What does Taekwon-Do mean?	The Art of Foot and Hand
Which country did Taekwon-do come from?	Korea
What date did Taekwon-Do start?	11 th April 1955
Who is 'father' and founder of Taekwon-Do?	Grand Master General Choi 9 th Dan
What are the 'tenets' of Taekwon-Do?	Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit
What does the colour of the white belt mean?	White means Innocence, as the beginner has no knowledge of Taekwon-Do
What is Stance in Korean?	Sogi
What is Punch in Korean?	Jirugi
What is Block in Korean?	Makgi
How high should your fist be in a middle block or punch?	Shoulder level
How high should your fist be in a high block or punch?	Eye level