

BRIDGNORTH TAE KWON-DO



Required Theory: 10th Kup: White belt to yellow stripe

(Korean terms are in brackets and italics).

Information

- Instructor: Mr Plant, 4th Dan or 4th Degree Black Belt
- Tae Kwon-Do means: 'hand-foot-art' or 'hand-foot-way of life'
- Our organisation: GTI (Global Tae Kwon-Do International)
- Founder of TKD: General Choi Hong Hi, 9th Dan or 9th Degree Black Belt
- Founded: 11th April 1955 in Korea
- Student: (*Jeja*)
- Training Hall: (*Dojang*)
- Suit: (*Dobok*)
- Belt: (*Ti*)
- Four directional punch: (*Saju jirugi*)

The Tenets of Tae Kwon-Do

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit (CIPSI)

Significance of Colours on Belts

WHITE signifies innocence, as that of a beginner who has no previous knowledge of Tae Kwon-Do.

YELLOW signifies the earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

Movements

Attention: (*Charyot*)

Bow: (*Kyong-Ye*)

Ready stance: (*Junbi*)

**** The GTI Handbook contains more detailed theory information and is available to purchase.*

*The examiner may ask any question, not limited to those on this sheet. ****