

WHITE BELT

**Please study your Poomse (Forms) and Questions for your Exam!
If you need extra help sign-up for Private Sessions.**

I. **POOMSE (Forms):** Basic Form Number 1- Ki cho eel bo

1. (4-6) Basic Form – first 10 movements

II. **KOREAN TERMINOLOGY**

1. **Attention** (Cha-riot) **Ready Stance** (Joon-Bee)
2. **Bow** (kyung-Neh) **Master Instructor** (Sa-Bum-Nim)

III. **PHILOSOPHY:** (4-6yrs only questions 1-3)

1. **What is Tae Kwon Do?**

The Korean Martial Art SIR!

2. **What is your Grandmaster's Name?**

Sa Bum Nim Young In Cheon SIR!

3. **What is the meaning of the White Belt?**

Purity and readiness to change color SIR!

4. **What does Tae Kwon Do mean?**

- a. Tae – means foot or kicking.
- b. Kwon – implies hand, fist, or punching.
- c. Do – means the art or way SIR!

5. **What are the 7 Home Rules for Children? (5yrs-17yrs)**

IV. **BREAKING:**

1. Hammer Fist – 3 bad habits

Parents: *The White to Yellow Belt Exam is very important for our students because it is their first official Test! Please review the questions and terms and practice the Poomse for the test. We ask that one or both parents be present at the Test for we need your participation in the Breaking. Cameras and Video welcome!!!*