



THEORY SHEET

PROMOTION TO YELLOW STRIPE

- 1. What does Tae Kwon Do literally mean / translate to?**
FOOT (Tae), HAND (Kwon), WAY or ART (Do).
- 2. Who founded Tae Kwon Do?**
TAE KWON DO was founded by General Choi Hong Hi, 9th Dan.
- 3. What does TKDSOE stand for?**
Tae Kwon Do Schools of Excellence.
- 4. What does Tae Kwon Do predominantly teach?**
Kicking techniques.
- 5. What does a low section block defend against?**
A low section turning or front kick.
- 6. Why did you start to learn Tae Kwon Do?**
Please give an answer that is applicable to you.
- 7. What is the meaning of white belt?**
Please see below.
- 8. What are the 5 tenets of Tae Kwon Do?**
Please see below.
- 9. Who is your Chief instructor at the club?**
Chief Instructor: Mr R Perks, 5th Degree black belt
- 10. What should we do before entering the training hall?**
Bow, this is a sign of respect to the instructors and training hall.

MEANING OF BELT COLOURS

WHITE: Signifies innocence, as that of a beginning student with no previous knowledge of Tae Kwon Do.

5 TENETS OF TAE KWON DO (Aims to Achieve)

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

To be learnt when you are a white belt, 10th Kup.