



## High White Belt

Numbers:

	<u>Cardinal</u>		<u>Ordinal</u>
One	Ha-nah	1 <sup>st</sup>	Il
Two	Dool	2 <sup>nd</sup>	Ee
Three	Set	3 <sup>rd</sup>	Sahm
Four	Net	4 <sup>th</sup>	Sah
Five	Dasot	5 <sup>th</sup>	O
Six	Yasot	6 <sup>th</sup>	Yook
Seven	Il-gop	7 <sup>th</sup>	Chil
Eight	Ya-dol	8 <sup>th</sup>	Pal
Nine	A-hop	9 <sup>th</sup>	Koo
Ten	Yool	10 <sup>th</sup>	Ship

Philosophy:

Why do we bow?

We bow to show respect as it is a universal gesture of politeness

When do we bow?

We bow when greeting Instructors, and when entering or exiting the Dojang (Training Hall)

Why do we yell?

We yell to develop inner strength, concentration and confidence

Why do we wear different color belts?

We wear different color belts to symbolize the increase of knowledge with the darkness of color