



White Belt

Belt: What is the significance of the White Belt?
Innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do

Terms:	Attention	Chatyuht
	Bow	Kyung Nae
	Ready	Choon Bi
	Return	Bahro
	Yell	Ki Hap
	Training Hall	Dojang
	Begin	Sei Jak
	Stop	Ku Man
	Grand Master	Kwan Jang Nim
	Head Master	Chung Sah Nim
	Master	Sa Bum Nim
	Senior Teacher	Kyo Sah Nim
	Senior Student	Sun Bae Nim

- Ten Articles:**
1. Be loyal to your country
 2. Honor your parents
 3. Be loving between husband and wife
 4. Be cooperative between brothers and sisters
 5. Be faithful to your friends
 6. Be respectful to your elders
 7. Establish trust between teacher and student
 8. Use good judgment before killing living things
 9. Never retreat in battle
 10. Always finish what you start



High White Belt

Numbers:

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



High Yellow Belt

Poomse: What is the meaning of Taegeuk Ee Jang?
It represents inner firmness and outer softness

Terms: Stances

Front Stance	Ap Sohgi
Back Stance	Dwi Koo Bi Sohgi
Horseback Stance	Juchoom Sohgi
Sparring Stance	Kyorugi Sohgi

Blocks

Low Block	Ahrae Mahki
High Block	Ul Gool Mahki
Inside Block	Ahn Mahki
Outside Block	Bah Kat Mahki



Green Belt

Belt: What is the significance of the Green Belt?
Signifies the growth as the Tae Kwon Do skills begin to develop like the green of a young plant

Poomse: What is the meaning of Taegeuk Sam Jang?
It symbolizes Hot and Bright

Terms: What is the literal meaning of Tae Kwon Do?
Tae The art of kicking or to kick
Kwon The art of punching or to punch
Do The way of life or path

Blocks

Single Knife Hand

High Block	Han Sahnkal Ulgool Mahki
Low Block	Han Sahnkal Ahrae Mahki
Outside Block	Han Sahnkal Bahkat Mahki
Inside Block	Han Sahnkal Ahn Mahki

Double Knife Hand

Outside Block	Yan Sahnkal Momtong Mahki
Low Block	Yan Sahnkal Arae Mahki

Kicks

Front Kick	Ahp Chagi
Side Kick	Yup Chagi
Roundhouse Kick	Dolrya Chagi
Back Kick	Dwi Chagi
Drop Kick	Nehryuh Chagi



High Green Belt

Poomse: What is the meaning of Taegeuk Sa Jang?
It symbol is Jin representing Thunder meaning great power and dignity

Terms: The American Flag has three colors:
Red symbolizes Courage, War and Blood
White symbolizes Truth, Freedom and Purity
Blue symbolizes Justice and Ambition

The American Flag has 13 stripes and 50 stars:
The stripes represent the first 13 colonies
The stars represent the 50 states

Other names for the American flag:
Star Spangled Banner or Old Glory

Kicking Technique:

Part of the foot	
Ball	Front kick
Top	Roundhouse kick Snap kick
Blade	Side kick
Bottom	Drop Kick Hook kick
Heel	Back Kick Drop kick



Blue Belt

Belt: What is the significance of the Blue Belt?
Signifies the Heavens, towards which the plant matures into a towering tree

Poomse: What is the meaning of Taegeuk Oh Jang?
It symbolizes the wind meaning both a mighty force and calmness according to its strength and weakness.

Tenants of Tae Kwon Do:

Courtesy	To be gracious, polite, and show respect
Integrity	To have high moral standards and be honest
Perseverance	To keep on going even though you're tired
Self-Control	To have control of your emotions; not to show anger frustration or fear
Indomitable Spirit	A never give up attitude under any circumstance

Terms:	Fist	Joo Mok
	Back Fist	Deung Joo Mok
	Hammer Fist	Me Joo Mok
	Knife Hand Strike	Sahnkal Chigi
	Ridge Hand Strike	Sahnkal Deung Chigi



High Blue Belt

Poomse: What is the meaning of Taegeuk Yuk Jang?
It symbolizes Water meaning incessant flow and softness

Attack Points:

High Section	Philtrum	In Joong
Middle Section	Solar Plexus	Myung Chi
Low Section	Groin	Nool Ro Sim

UTA Student Credo:

We the students of this academy:

- a) Abide within the absolute spirit of the Martial Arts through stringent training of mind and body
- b) Stand solidly united in a common bond of discipline and fellowship
- c) Highly respect the rules of this academy and obey the instructors commands that we may bring only honor upon our academy and no dishonor upon ourselves.



Red Belt

- Belt:** What is the significance of the Red Belt?
It signifies danger, cautioning the student to exercise control; the student must dedicate more time to his/her practice preparing for the next level
- Poomse:** What is the meaning of Taegeuk Chil Jang?
It symbolizes the Mountain, meaning ponderosity and firmness
- Terms:**
- Poomse (pattern or form) - A choreographed demonstration of the various kicks, blocks and hand techniques of Tae Kwon Do which a student utilizes with an imaginary opponent or opponents
 - Gyuroogi (sparring or fighting) - A practical application of various forms against an actual opponent
 - Kyupka (Breaking) - Done to practice and illustrate the formidable power, precision, and great mental concentration of the Tae Kwon Do practitioner
 - Ho Sin Sool (Self Defense) - The study of how to use an attacker's strength or skill and weapons against him or her
 - Jung Sin Tong Il (Mediation) - For the purpose of concentration practice in order to focus precision and power, visualize goals, and listen to one's conscience for internalizing important truths and moral standards.