

White Belt 10th kup – Yellow tag 9th kup

	<u>Tenets of Taekwondo</u>
1. Hana	1. Etiquette
2. Dul (dool)	2. Modesty
3. Set	3. Perseverance
4. Net	4. Self Control
5. Da seot (da sut)	5. Indomitable Spirit
6. Yeo seot (ya sut)	
7. Il gop (eel gop)	
8. Yeo deol (yo dool)	
9. Ah hop	
10. Yaul	
11.	

Meaning of Taekwondo

The way (do) of foot (tae) and fist (kwon)

Country of origin – Korea

Meaning of WTF – World Taekwondo Federation

Meaning of TANI – Taekwondo Association of Northern Ireland

Meaning of UTA – United taekwondo Association

President of WTF – Dr Chungwon Choue

Headquarters of WTF – Kuk Ki Won - built in 1972

Name in English the different Stances, Kicks and Blocks

Show how to make – a Fist

A Knife Hand

International Taekwondo Oath

As a student of Taekwondo:

- I shall never misuse Taekwondo
- I shall observe the tenets of Taekwondo
- I shall respect my instructor and seniors
- I shall be a champion of freedom and justice
- I shall build a more peaceful world