

VOCABULARY

COUNTING

NUMBER	CARDINAL COUNTING
1	Hana
2	Dool
3	Set
4	Net
5	Da-seot
6	Yeo-seot
7	Eel-gohp
8	Yeo-dol
9	Ahob
10	Yeol

NUMBER	ORDINAL COUNTING
1 st	Il
2 nd	Ee
3 rd	Sahm
4 th	Sa
5 th	Oh
6 th	Yook
7 th	Chil
8 th	Pal
9 th	Goo
10 th	Ship

NUMBER	CARDINAL COUNTING
10	Yeol
20	Se-meul
30	Seo-reun
40	Ma-heun
50	Shin
60	Ye-seun
70	Il-heun
80	Yeo-deun
90	Ah-heun
100	Baek

BELT TESTING REQUIREMENTS

LITTLE TIGERS		
White Belt	Where is Taekwondo From?	Korea
	Uniform	Do-Bok
	Belt	Dee
	Thank You	Kam-saham-nida
	Master Instructor	Sa-Bum-Nim
Yellow Belt	What does Taekwondo Mean?	Kick, Punch, Way of Life
	What is a Taekwondo School called?	Do-Jang
	What does Do-Jang Mean?	House of Discipline
	Bow	Kyung-Ryae
Orange Belt	Hello	An-Yeong-Ha-Sae-yo
	Flag	Gu-ki
	Kick	Chagi
	Block	Ma-Ki
Green Belt	Ready	Joon-Bi
	Form	Poomsae
	Begin	Si-Jak
Blue Belt	Front Kick	Ap-Chagi
	Roudhouse Kick	Dol-Iyo-Chagi
	Axe Kick	Nae-Ryo-Chagi

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Purple Belt	What are the 4 things a martial artist must do?	Exercise Every Day.
		Eat Healthy Food.
		Be the Right Person.
		Respect your Parents and Teachers.
Red Belt	Students at this belt level will be testing into the Adult Tigers Class. During their belt test, they will give a speech about their progress as well as their goals. Detailed requirements will be located on the test form.	

TIGERS / ADULTS

White Belt	Where is Taekwondo From?	Korea
	What does Taekwondo Mean?	Kick, Punch, Way of Life
	What is a Taekwondo School called?	Do-Jang
	What does Do-Jang Mean?	House of Discipline
	Uniform	Do-Bok
	Belt	Dee
	Thank You	Kam-saham-nida
	Master Instructor	Sa-Bum-Nim
	Focusing Energy / Yelling	Ki-Hop
Yellow Belt	Bow	Kyung-Ryae
	Junior Belt	Who-Bae-Nim
	Senior Belt	Sun-Bae-Nim
	Kick	Chagi
	Block	Ma-Ki
Orange Belt	Hello	An-Yeong-Ha-Sae-yo
	Flag	Gu-ki
	Front Kick	Ap-Chagi
	Roudhouse Kick	Dol-Iyo-Chagi
	Axe Kick	Nae-Ryo-Chagi
	Side Kick	Yop-Chagi
Green Belt	Ready	Joon-Bi
	Begin	Si-Jak
	Stop	Geu-Mahn

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Blue Belt	Sparring		Kyo-Rugi		
	Self Defense		Ho-Sin-Sool		
	Breaking		Kyuk-Pa		
	Strike		Chi-Ki		
	30		Seo-Reun		
Purple Belt	20		Se-Meul		
	30		Seo-Reun		
	40		Ma-Heun		
	50		Shin		
	100		Baek		
High Purple Belt	This is the half way point of reaching Black Belt. During their belt test, students will give a speech about their progress/ accomplishments, as well as their goals. Detailed requirements will be located on the test form.				
Red Belt	During belt testing, students will give a speech about the relationship between Taekwondo and the Olympics. Detailed requirements will be located on the test form.				
High Red Belt	60		Ye-seun		
	70		Il-heun		
	80		Yeo-deun		
	90		Ah-heun		
	100		Baek		
Brown Belt	During belt testing, students will give a speech about the Korean Philosophy of Um & Yang and why it is important to Taekwondo. Detailed requirements will be located on the test form.				
High Brown Belt	Ordinal Numbers				
	1 st	Il		6 th	Yook
	2 nd	Ee		7 th	Chil
	3 rd	Sahm		8 th	Pal
	4 th	Sa		9 th	Goo
	5 th	Oh		10 th	Ship