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**White Belt Terminology...**

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| **White belt signifies innocence, having no previous knowledge of Tae Kwon Do** |

**What do the words Tae Kwon & Do mean?** Foot (Tae), Hand (Kwon), & Way or Art (Do)

**Where did Tae Kwon Do originate? South Korea**

* High Section - Nopunde
* Middle Section - Kaunde
* Low Section - Najunde

**What are the five tenents of Tae Kwon Do?**

Courtesy - Integrity - Perseverance - Self Control - Indomitable Spirit.

**What is Korean for...**

* Training Hall - Dojang
* Training Suit - Dobok
* Belt -Ti
* Stance - Sogi
* Sitting Stance - Annun Sogi
* Walking Stance - Gunnon Sogi
* Block -Makgi
* Outer Forearm Low Block - Bakat Palmok Najunde Makgi
* Inner Forearm Middle Block -An Palmok Kaunde Makgi

**Attacking Techniques..**

* Observe Punch- Baro Jiruji
* Reverse Punch- Bandae Juruji
* 4 directional punch- Saju Juruji
* Rising Kick- Apcha Olligi

**Body Parts**

* Inner Forearm – An Palmok
* Outer Forearm – Bakat palmok