



White Belt - 10th Kup

What does Taekwon-Do mean?	The Art of Hand and Foot
Which country did Taekwon-Do come from?	Korea
When was Taekwon-Do officially recognized?	11 th April 1955
Who is the 'father' and founder of Taekwon-Do?	Grand Master General Choi 9 th Degree
What are the tenets of Taekwon-Do?	Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit
What colour does the white belt mean?	White means Innocence, as the beginner has no knowledge of Taekwon-Do
What is stance in Korean?	Sogi
What is punch in Korean?	Jirugi
What is block in Korean?	Makgi
How high should your fist be in a middle block or punch?	Shoulder Level
How high should your fist be in a high block or punch?	Eye Level

