



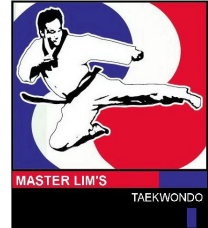
**NO BELT Meaning: Birth in Taekwondo**

**Student takes the first step in Taekwondo.**

## ◆ CURRICULUM ◆

- ❖ **WHITE TAPE** Ten Basic Motions  
(Closed hand, horse riding stance) 10 Blockings
  
- ❖ **YELLOW TAPE** Kicking Combination (guarding stance)  
Straight knee, top of foot, front kick, axe kick, In and out crescent kick
  
- ❖ **BLUE TAPE** Self Defense (Block and punch) 12 Block and punch
  
- ❖ **RED TAPE** Mental Education #1-#5, Belt Meaning  
Breaking: Hammer Fist
  
- ❖ **BLACK TAPE** TAE GUK FORM (Ee Jang) **Adult only**

# Education Guide



## NO BELT to WHITE BELT

### ➤ Simple Korean Terminology & English Translation

<b><i>Korean</i></b>	<b>English</b>
Tae Kwon Do	Korean Martial Art
Ahn-Young-Ha-Sae-yo?	How are you?
Kam-sa-Hab-Nee-Dah	Thank you.
Sun-bae-Neem-Gae-Kyung-Net	Bow to senior.
Guk-Kee-Ae-Kyung-Net	Salute the Flag.

## Mental Education

1. Be loyal to your **country**.
2. Be obedient and respectful to your **parents**.
3. Be loving between **husband and wife**.
4. Be co-operative between **brothers and sisters**.
5. Be good to your **friends**.