



Hadri Taekwondo Academy

	Korean Terminology Yellow Stripe
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Meaning of Taekwondo	The way (do) of foot (tae) and fist (kwon)	
Country of Origin	Korea	
Meaning of WTF	World Taekwondo Federation	
Tenets	Courtesy, Integrity, Perseverance, Self Control, Indomitable Sprit	
President of WTF	Dr Chungwon Choue	
Taekwondo Oath	• I shall observe the tenets of Taekwondo • I shall respect my instructor and seniors • I shall never misuse Taekwondo • I shall be a champion of freedom and justice • I shall build a more peaceful world	
Significance of White Belt	Signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo (The lack of color signifies purity and innocence.)	
1-10 in Korean	(1)Hana, (2)Dul, (3)Set, (4)Net, (5)Daseot, (6)Yeoseot, (7)Illop, (8)Yeodeol, (9)Ahop, (10)Yeol	
Uniform	Dobok	
Training Hall	Dojang	
Commands	Attention	Charyot
	Bow	Kyung Ne
	Ready Stance	Junbi
	Red	Heong
	Blue	Chong
Stance	Horse riding stance	Chujum seogi
Block	Lower block	Arrae makki
Strike	Punch	Jireugi
Kick	Kick	Chagi
	Front kick	Ap chagi
	Turning Kick	Dolyo chagi