



REQUIREMENTS TO TEST FOR A SENIOR YELLOW BELT

Curriculum

STANCES	HAND	FOOT	SELF DEFENSE	POOMSAE (FORMS)
LONG	KNIFE HAND	SIDE	KNIFE HAND	TAGEUK ILL JANG
	SPEAR HAND	STEPPING SIDE	DOUBLE KNIFE	
		BACK KICK	DOUBLE KNIFE LOW	

Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p>Q. What is Taekwondo? A. Korean martial art, Sir/Mame!</p> <p>Q. What is PTTC's school motto? A. "Healthy Body, Strong Mind, Balanced Life!", Sir/Mame!</p> <p>Q. What does Self-Discipline mean? A. Listen and behave well, Sir/Male!</p> <p>3 Types of Concentration</p>	<p>Q. What is Taekwondo? A. Korean martial art, Sir/Mame!</p> <p>Q. What does Tae Kwon Do mean? A. Tae - foot or kick, Kwon - hand or punch, Do - art or way, Sir/Mame!</p> <p>Q. What does the White belt mean? A. Signifies something pure, that of a beginning student with no previous knowledge of Taekwondo, Sir/Mame!</p> <p>7 Home Rules for Children</p>	<p>Q. What does Tae Kwon Do mean? A. Tae - foot or kick, Kwon - hand or punch, Do - art or way, Sir/Mame!</p> <p>Q. Why do we bow in Taekwondo? A. To show respect, Sir/Mame!</p> <p>Q. What does the White belt mean? A. Signifies something pure, that of a beginning student with no previous knowledge of Taekwondo, Sir/Mame!</p> <p>Student Oath</p> <p>Terminology: (english - korean) One - Hana Two - Dool Three - Set Four - Net Five - Da Sut Six - Ya Sut Seven - Eel Gup Eight - Ya Dool Nine - Ah Hop Ten - Yool</p>