




THE PANTHERS DEN

White Belt Requirements

Grade – 9th Gup

Name: _____

Form Name	Movements	Definition
CHON-JI 	19	Means literally the “Heaven and Earth”. It is, in the orient, interpreted as the creation of the world or the beginning of human history. Therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts. One to represent the Heaven and the other the Earth.

Minimum Time In Grade: 25 classes



Meaning of White belt: Innocence - without worldly knowledge.

Counting 1-10 in Korean

1 – Hana 2 – Dul 3 – Set 4 – Net 5 – Taset

6 – Yaset 7 – Ilgup 8 – Yadul 9 – Ahope 10 – Yuhl

Korean terminology:

Uniform - *Dobock*

Training area - *Dojang*

Perform 3 basic kicks: 1) Front kick 2) Side kick 3) Round house kick

Free Sparring: Will test skills, attitude and self control against opponent.



Style of Martial Arts practiced: Tae Kwon Do – a Korean Martial Art

Master Instructor’s name and rank: Master Arshik Hartoonian
5th Dan (Degree) black belt

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Breaking: 1 board, 1 break

Korean Terminology

Down block – *Hadan Magckgee*

Side block – *Yop Magckgee*