

Color Belt Questionnaire

WHITE	
Tae Kwon Do Oath	1. I will be respectful to my Instructors and Seniors 2. I will be cooperative with my fellow Students. 3. I will never misuse the Art of Tae Kwon Do. 4. I will be dedicated to my goal of Self-Improvement
Why Do We Bow?	To Show Respect
"Thank you very much" in Korean	Gam Sa Ham Ni Da
YELLOW	
Why do we Ki-Hap?	To Show Power and Confidence
"Hello, how are you?" in Korean	An Young Ha Sae Yo
Count 1 - 10 in Korean	1. Ha-nah 2. Duhl 3. Seht 4. Neht 5. Da-seot 6. Yeo-seot 7. Il-gop 8. Yeo-dul 9. A-hope 10. Yeol
PURPLE	
Why do we practice Free Sparring?	To show Mental and Physical Discipline and Control
"Grand Master" in Korean	Gwan Jang Nim
"Master" in Korean	Sa Bun Nim
"Instructor" in Korean	Gyo Sa Nim
"Senior Rank" in Korean	Sun Bae Nim
Count 11 -20 in Korean	11. Yul Ha-nah 12. Yul Duhl 13. Yul Seht 14. Yul Neht 15. Yul Da-seot 16. Yul Yeo-seot 17. Yul Il-gop 18. Yul Yeo-dul 19. Yul A-hope 20. Su Mul
ORANGE	
What does "Tae Kwon Do" mean?	Tae: Foot/Kick Kwon: Hand/Punch Do: Art/Manner of Life
"Tae Kwon Do Studio" in Korean	Do Jang
"Good Bye" in Korean	Ahn Young Hee Gae Sae Yo
GREEN	
Tenets of Tae Kwon Do	1. Modesty 2. Courtesy 3. Integrity 4. Self-Control 5. Perserverance 6. Strong Spirit
What is our School's Motto?	Black Belt for Life
What makes a Good Student?	To Be Humble, Kind, and Thankful
BLUE	
Korean Terminology	1. <u>Attention</u> : Cha Reut 2. <u>Bow</u> : Gyeong Rae 3. <u>Ready Position</u> : Joon Be 4. <u>At Ease</u> : She Ow 5. <u>Return</u> : Ba Roe 6. <u>Turn Around</u> : Dwee Roe Torah 7. <u>Begin</u> : She Jak 8. <u>Stop</u> : Keu Mahn
BROWN	
Three Examples of Self-Defense	1. Stop to Think Before you Act 2. Keep True to my Word and Commitments 3. Work Hard even when Nobody is Watching
Korean Terminology	1. Uniform: Do Bok 2. Belt: Thee 3. Form: Poomsae 4. Color Belt: Keup 5. Black Belt: Dan 6. Shout: Ki-Hap 7. Free Sparring: Kyo Ru Gi
What is Confidence?	Accepting and Believing in Oneself
RED	
Open Class	1. Cha Reut, Kyung Yeah, Ahn Juh, Myung Sang 2. Ba Roe, Ehro Sut 3. Gwan Jang Nim (Sa Bum Nim or Gyo San Nim) gae, Kyung Yeah (Students: "Don GyoI")
Close Class	1. Cha Reut 2. Kyung Yeah 3. Ahn Juh 4. Myung Sang 5. Ba Roe 6. Ehro Sut 7. Gwan Jang Nim Gae Kyung Yeah 8. Gam Sa Ham Ni Da