

Turner Taekwon-Do

The complete set of white belt questions is now:

white Belt - 10th Kup

PATTERN/ FORM In ITF Taekwon-Do, the 4 Direction Punch (Saju Jirugi) and 4 Direction Block (Saju Makgi) are fundamental exercises for white belts, designed to help beginners practice basic movements.

No. OF MOVEMENTS

4 Direction Punch (Saju Jirugi): This exercise has 14 movements, performed in four directions (two punches per direction, each time stepping forward or backward).

4 Direction Block (Saju Makgi): This exercise also has 16 movements, with low blocks (downward block) performed in four directions.

These two drills help beginners develop coordination, balance, and understanding of the fundamental stances, blocks, and punches in ITF Taekwon-Do.

No. OF STANCES 2

What is your instructor's name?

Answer: Mr. Turner.

What are the tenets of Taekwon-Do?

Answer: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit.

What does Taekwon-Do mean?

Answer: Tae means foot, Kwon means hand, and Do means way or art, so the full meaning is **the way of the hand and foot**.

Count to 5 in Korean:

Answer: Hana (1), Dul (2), Set (3), Net (4), Dasot (5).

What does white belt mean?

Answer: It symbolizes innocence, as the student has no previous knowledge of Taekwon-Do.

What does yellow belt mean?

Answer: **Yellow belt signifies the earth** from which the plant sprouts and takes root as the foundations of Taekwon-Do are laid. The main answer is yellow signifies earth.