

# 10<sup>th</sup> Kup - White Belt Beginner

TAE KWON DO

태  
권  
도



TAE

means to do a kick



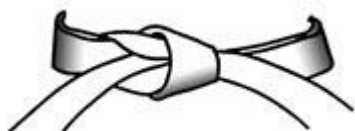
KWON

means to do a punch

DO

means ART or WAY

WHITE BELT means INNOCENCE and



a BEGINNER in Tae Kwon-Do

Your INSTRUCTOR is

MR LIAM BRODERICK 4<sup>th</sup> DAN, SIR!



# COUNTING IN KOREAN

1 HANNA

2 TOLL

3 SET

4 NET

5 DASOL

6 YOSOL

7 ILLGO

8 YODOLL

9 AHOP

10 YOLL




ALWAYS  
SHOUT  
LOUD!

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## 5 TENETS OF TAE KWON DO

**1. COURTESY** – be polite  
and show respect



ALWAYS BOW TO  
YOUR PARTNER and  
WHEN ENTERING  
AND LEAVING THE  
HALL

**2. INTEGRITY** – be honest and tell the truth

**3. PERSEVERANCE** – work hard

**4. SELF-CONTROL** – be safe and  
keep others safe



SHOUT  
'THANK  
YOU SIR'

**5. INDOMITABLE SPIRIT** – have courage