



# No Belt to White Belt Requirements

## Questions

*What type of martial art do you practice?*  
Taekwondo.

*What does Taekwondo mean?*

A practice using your feet, hands, and mind. Or the way of the foot and the fist.

*What is the name of your school?*

Andrew Gause's Martial Arts

*Why do you take Taekwondo?*

To develop a strong mind, a strong body, and self-defense techniques.

*Why do we bow?*

To show appreciation and respect.

*When do we bow?*

The bow is used anytime and anywhere. Respect is not only shown in the Dojang, but it should be shown everywhere. However, when in the Dojang, we bow: to the flags when entering and leaving the Dojang, and when class starts and ends. To the master instructor, instructors, higher ranking belts, and to other students.

## Terminology

### English

Uniform

Work Out Area

Instructor

Thank You

1 – 10 (counting)

### Korean

Doh Bohk

Doh Jahng

Sah Bum Nihm

Kahm Sa Hahm Nee Dah

Hana, Dool, Set, Net, Dawset, Yawset, Ilgohlp, Yadahl, Ahope, Yohl

## Hand Strikes

1) Horse Stance Punching (Single, Double and Triple Punch)

2) Sparring Stance Punching (Single and Double Punch)

## Blocking (Either Hand From Sparring Stance)

1) Down Block

2) Face Block

3) Cover Block

## Kicks

1) Front Snap

2) Roundhouse

3) Thrusting

4) Rising

5) Jumping Front Snap\*\*

\*\* Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)