

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)**