**WHITE BELT YELLOW TAG**

**PATTERN (TUL)**

**A Pattern or Tul is a series of fundamental movements, most of which represent either attack or defence techniques against an imaginary opponent, set to a fixed and logical sequence.**

**MEANING OF TAEKWON-DO**

Translated literally, TAE KWON-DO means “art of hand and foot fighting”. It is the scientific use of the body in methods of self defence, a body that has gained the ultimate use of its facilities through intensive physical training.

**TERMINOLOGY**

1. Founder of TaeKwon-Do
2. What does TaeKwon-DO mean
3. What does white belt signify
4. Name all punches, blocks and stances you have learnt
5. Name some kicks and stances in TaeKwon-Do

**ANSWER**

1. Choi Hong Hi
2. TaeKwon-Do is defined as the art of the foot and hand
3. Signifies innocence as that of the beginning student who has no previous knowledge of TaeKwon-Do.
4. Middle Punch

Middle block

Rising block

Low block

Low knifehand block

Walking stance

L-stance

Sitting stance

1. Front snap Kick

Turning Kick

Side piercing Kick

Back kick