

# Definitions

**Taekwondo** - means literally “the art of striking with the hand and kicking with the foot.”

**White Belt** - The white belt signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.

**Yellow Belt** - Yellow signifies the earth, from which the plant sprouts and takes root as the Taekwondo foundation is being laid.

**Green Belt** - Green signifies the plant’s growth as taekwondo skills are developing.

**Blue Belt** - Blue belt signifies the heavens, toward which the plant develops into a towering tree as the Taekwondo training progresses.

**Red Belt** - Red Belt signifies danger, warning the student to exercise control and the opponent to stay away.

**Ahn Jo** – Sit down

**Bah Roh** – Return to ready position

**Bon Kwan** – Main school

**Cha Ryut** – Attention

**Choong Sil Kwan** means literally the “School of Constant and Never Ending Improvement.”

**Dan** – Degree

**Do Bok** – Training suit

**Do Jhang** – Training hall

**Dobok** – the traditional Taekwondo uniform worn during training.

**Dojang** – the room you work out in.

**Goman** – Stop

**Gup** – Class

**Jhoon Be** – Ready position

**Ji Kwan** – Branch school

**Kyong Yet** – Bow

**Sah Bum Nim** – Instructor above 4<sup>th</sup> Dan Black Belt

**Sho** – At ease

**Yi Ro Sut** – Stand up