

# White Belt Theory

**Q - Who is your instructor and what is their grade?**

**A - Miss Hill, 7th Dan Black Belt**

**Q - What is Training Suit in Korean?**

**A - Dobok**

**Q - What is Belt in Korean?**

**A - Ti**

**Q - What is Training Hall in Korean?**

**A - Dojang**

**Q - What is Attention in Korean?**

**A - Charyot**

# White Belt Theory

**Q - What is Bow in Korean?**

**A - Kyong-Ye**

**Q - What is Stance in Korean?**

**A - Sogi**

**Q - What is Punch in Korean?**

**A - Jirugi**

**Q - What does Tae Kwon Do' mean?**

**A - Way of the Hand and Foot**