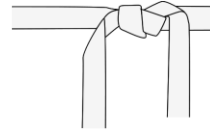


White Belt Terminology



PTSDA Karate White Belt Terminology Requirements

1. How far back was Tang Soo Do practiced? - **(ITF Manual)**
2. Who is the founder of the ITF? - **(ITF Manual)**
3. As a 10th Gup, what are your Requirements? **(ITF Manual)**
(Name of Form, Self Defense #'s, One Step or Long Distant Sparring Combination #'s, Breaking)
4. What is the name of the Martial Art you are studying? **(ITF Manual)**
5. What is the Korean word for Uniform & Belt? **(ITF Manual)**
6. What is the Korean word for the Training Area? **(ITF Manual)**
7. Recite in order the 10 Articles of Tang Soo Do Training. **(ITF Manual)**
8. Count in Korean from 1-25. **(Survival Guide)**
9. What is the Season of the White Belt?
10. Recite the Four Stances and Blocks in Korean. **(Survival Guide-Video)**