



Required Knowledge for White Belts



I. Purposes of Training

- Self- Defense
- Health
- Completion of Self-Culture

II. 4 Rules of Concentration

- Focus your Body
- Focus your Eyes
- Focus your Ears
- Focus your Mind

III. General information

- What is the name of your martial art- Hap Ki Do
- When is its founding date-372 A.D.
- Where is it from- South Korea

IV. Definitions

- Meaning of Hap Ki Do -The art of coordinating your inner strength with your outer strength.
- Hap-Coordination, Harmony
- Ki-Inner Strength, Inner Power
- Do-The Art, The Way

V. Etiquette

- Always greet the instructors with a “Hello Sir”
- Whenever an instructor tells you to do something, say “Yes Sir”
- Always say “Goodbye Sir” to the instructors before leaving class
- Whenever entering or leaving the training area, salute to the flags then bow to the instructor