

## In

1. “Cha-Rhee-yut”; Attention
2. “Tae Kwon”: Salute the flag
3. “Cha-Rhee-yut”; Attention
4. “Ahn-Yun-has-shim-nee-gah, Kwan-jamg-nim”  
: Greetings, Bow to the master

## Out

1. “Cha-Rhee-yut”: Attention
2. “Tae Kwon” : Salute the flag
3. “Cha-Rhee-yut”: Attention
4. “Ahn-Yung- hee-geh-sey-yo, Kwan-jamg-nim”  
: Good Bye, Bow to the master