

10TH KUP Grade SHEET – WHITE BELT

To pass your grading will have to demonstrate:

- Sitting Stance Single Punch (ten times)
- Leg Raising exercise (10 times)
- Ten Press-ups (bending arms, body straight)
- Four Directional Punch (Saji Jurigi)
- Four Directional Block (Saji Makgi)
- Walking Stance Middle Punch
- Walking Stance Low Block
- Walking Stance Middle Block
- Walking Stance Middle Block Reverse Punch

What does white belt signify?

Innocence; that of a beginner who has no previous knowledge of Tae Kwon Do

Where does Taekwon-Do come from? Korea.

Who founded Taekwon-Do? General Choi Hong Hi

What does Taekwon-Do mean? Foot, Hand, Way of life.

What style Taekwon-Do do we do? ITF style

What is Taekwon-Do? A Korean martial art of self-defence

What are the 'Tenets' of Tae Kwon Do?

Courtesy	(polite to one another, respect others)
Integrity	(be honest)
Perseverance	(having patience, keeping at it)
Self Control	(controlling ones actions)
Indomitable spirit	(never give up)

What is your suit and belt called? Dobok and Tie.

What is your Instructor's name and Grade?

Mr Jamie Cameron, 3rd Dan

Mrs Katie Cureton, 3rd Dan

What is the training hall called? Dojang

How many stances do you know? Five:
Attention stance, Ready Stance, Walking Stance, Sitting stance and L stance.

Sections of the body

High Section – Nopunde
Middle Section – Kaunde
Low Section – Najunde

Fore fist – Ap joomuk (When punching you only use the first two knuckles)
Ap Cha Olligi – Front Rising Kick (Leg Raising exercise)

Korean Counting – essential!

1 – Hana	6 – Yausut
2 – Dool	7 – Ilgope
3 – Set	8 – Yaudal
4 – Net	9 – Ahope
5 – Tasut	10 – Yaul

Four directional punch – Saji Jirugi
(If you are asked to do 4DP and not told number 1 or number 2 way, assume number 1 way – low inner forearm block)

Four directional block – Saji Makgi

Stances

Charot – Attention
Narani – Parallel
Annun – Sitting
Niunja – L Stance
Gunnun – Walking

Commands

Kyong-ye – Bow
Junbi – Ready
Si-Jak – Commence
Duiro-doro – About turn
Swiyo – At ease

Makgi (Block)

An Palmok – Inner forearm
Bakat Palmok – Outer forearm

Jurigi (Punch)

Ap Joomuk – Fore fist
Bandaе – Reverse
Baro – Obverse

Parts of the body

Fore fist - Ap joomuk
Inner forearm - An palmok
Outer forearm - Bakat palmok

Examples

1. Sitting Stance, single fore fist punch = Annun sogi, ap joomuk jurigi
2. Walking stance, inner forearm middle block, reverse punch = Gunnun sogi, an palmok kaunde makgi, bandaе jurigi