

## 10<sup>TH</sup> 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, 3<sup>rd</sup> degree

Mr Garry Bradford, 5<sup>th</sup> degree

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, bandae jurigi