

10th KUP Grade sheet – White Belt to Yellow Tag

Key areas you will be asked to demonstrate in the grading:

- 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
- Walking Stand, Front Kick, Front Punch.

What does white belt signify?

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

What is Taekwon-Do?	A Korean martial art of self-defence
Where does Taekwon-Do come from?	Korea
Who founded Taekwon-Do?	General Choi Hong Hi
In what year was Taekwon-Do founded?	1955
What does Taekwon-Do mean?	Foot, Hand, Art.
What style Taekwon-Do do we do?	ITF "Chang Hon"
What are your Instructor's names and Grades?	Mr Jamie Cameron, 4 th degree Black Belt Mr Garry Bradford, 5 th degree Black Belt

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 called?	Dobok
What is your belt called?	Tie
What is the training hall called?	Dojang

How many stances do you know? Four

- Attention stance (Charot sogi)
- Ready stance (Narani sogi)
- Sitting stance (Annun sogi)
- Walking stance (Gunnun sogi)

Sections of the body

- High Section (Nopunde)
- Middle Section (Kaunde)
- Low Section (Najunde)

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 Jurigi

Four directional block – Saji Makgi

Commands

- Bow (Kyong-ye)
- Ready (Junbi)
- Commence (Si-jak)
- About turn (Duiro-doro)
- At ease (Swiyo)

Fore fist – Ap joomuk (When punching you only use the first two knuckles)

Front kick - Ap Chagi

Inner forearm – An palmok

Outer forearm – Bakat palmok

Reverse – Bandae

Block – Makgi

Example: Note that for stance, “sogi” gets shorted to “so” when used as part of a move description. So “Walking stance, outer forearm low section block” is “Gunnun so, bakat palmok, najunde makgi”