

Grading Info: 10th Kup White Belt

For more info consult Training Manual One: Fundamental Tae Kwon-Do © available from your Instructor

Grading Syllabus for 10th Kup

Exercises

Sitting stance single punches (10)
 Front rising kicks, left & right (10)
 Press-ups (10)
 Sajo-Jirugi number 1 (see p.4)
 Sajo-Jirugi number 2 (see p.4)
 Three-step sparring number 1 (see p.4)

Basic self defence (see p.4)

Linework

Middle obverse punch (Walking Stance)
 Low outer forearm block (W-S)
 Middle inner forearm block (W-S)
 Combination: Middle inner forearm block, reverse punch (W-S)
 Front snap kick (L-stance forearm guard)

Theory relevant to grade

Essential Korean Terms for 10th Kup

Counting in Korean

One	HANNA
Two	TOLL
Three	SET
Four	NET
Five	DASOLL
Six	YOSOLL
Seven	ILLGO
Eight	YODOLL
Nine	AHOP
Ten	YOLL

General Terms

Training Hall	DOJANG
Training Suit	DOBOK
Instructor	SABUM
Belt	TI
Student	JEJA
Punch	JIRUGI
Kick	CHAGI
Block	MAKGI
Stance	SOGI
Obverse	BARO
Reverse	BANDAE

Commands

Attention	CHARYOT
Bow	KYONG-YE
Ready	CHUNBI
Start	SIJAK
Back to ready	BARROL
About turn	DWIYO TORO
Relax	CHO'S
Dismissed	HASSAN

Body Sections

Low Section	NAJUNDE
Middle Section	KAUNDE
High Section	NOPUNDE

Body Parts

Forefist	AP JOOMUK
Forearm	PALMOK
Inner forearm	AN PALMOK
Outer forearm	BAKAT PALMOK
Ball of the foot	AP KUMCHI

Stances

Attention Stance	CHARYOT SOGI
Parallel Stance	NARANI SOGI
Ready Stance	CHUNBI SOGI
Parallel Ready Stance	NARANI CHUNBI SOGI
Sitting Stance	ANNUN SOGI
Walking Stance	GUNNUN SOGI
Walking Ready Stance	GUNNUN CHUNBI SOGI
L-Stance	NIUNJA SOGI

Techniques

Middle inner forearm block	KAUNDE AN PALMOK MAKGI
Low outer forearm-block	NAJUNDE BAKAT PALMOK-MAKGI
Forearm guarding block	PALMOK DAEBI MAKGI
Four-directional punch	SAJO-JIRUGI
Middle obverse punch	KAUNDE BARO JIRUGI
Middle reverse punch	KAUNDE BANDAE JIRUGI
Front kick	AP CHAGI
Front rising kick	AP CHAOLIGI
Side rising kick	YOP CHAOLIGI

Essential Grading Theory for 10th Kup

You must learn the following to be eligible to grade to 9th Kup

Belt Colours

White: White Belt signifies **innocence**, as that of the **beginning student** who has **no previous knowledge of Tae Kwon-Do**

Tae Kwon-Do

TAE means to jump, kick or smash with the **foot**
KWON means a **fist**, chiefly to punch or destroy with the hand or fist
DO means the **art**, way or method

Tae Kwon-Do comes from **Korea**

Tae Kwon-Do was founded by **Major General Choi Hong Hi, 9th Dan**
and inaugurated on **11th April 1955**

Tae Kwon-Do was brought to Britain by **Master Rhee Ki Ha** in 1967

Your **Instructor** is: **Mr Liam Broderick, 4th Dan**

The TENETS of Tae Kwon-Do

(Moral principles to follow) **C-I-P-S-I**

COURTESY – to be **polite** and show **respect** e.g. saying *'thank you Sir'* or to bow

INTEGRITY – to be **honest** and know what is **right and wrong**

PERSEVERENCE – to **work hard** and **keep trying**

SELF-CONTROL – to **know your limits** and make sure yourself and others **stay safe**

INDOMITABLE SPIRIT – to show **courage** even against overwhelming odds

What is Sajo-Jirugi and how many moves does it have?

A four-directional punching exercise with 15 moves.

10th Kup General Knowledge

What part of Tae Kwon-Do do you like best?

Why do we address black belts as 'Sir' or 'Ma'am' or by their surname?

As a mark of courtesy and respect for the effort they have given towards improving the Art.

Describe parallel ready stance

Feet parallel; one shoulder-width wide; arms slightly bent; fists in front of groin area.

Describe walking stance

50/50 weight distribution; one shoulder-width wide; one and a half to two shoulder widths long; back leg straight and locked (back toes point forwards) front knee over front heel with front foot pointing forwards.

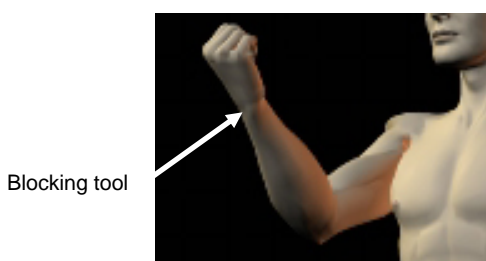
Why do we wear white suits?

The white indicates purity and equality to show that we are all equal. The belt colours are an indication of the abilities and experience of a student, not their status.

Tae Kwon-Do Beginner Basics

- There are 2 basic blocks that beginners learn: **inner forearm block** and **outer forearm block**.
- When standing with your arms by your sides with the knuckles facing front, the inner forearm is on the inside and the outer forearm is on the outside (away from the body).
- The blocking tool is the first 5cms (2") up the arm from the bones at the base of the wrist.
- There is one type of inner forearm block to learn: **middle section inner forearm block**.
- There are two outer forearm blocks to learn: **middle section outer forearm block** and **low section outer forearm block**.
- Beginners also need to learn **middle section fore-fist punch**.

Figure A



Middle Section Inner Forearm Block

Start position (left arm block): Both arms are up alongside the right side of the head. The right arm is closest to the body with the knuckles facing. The left arm is outside or underneath the right arm with the knuckles facing.

End position (left arm block): Both arms rotate through 180°. The right arm ends on the hip, knuckles facing down. The left arm ends with the fist level with the shoulder, knuckles facing down (see Figure A). The arm ends bent 90° at the elbow.

Outer Forearm Block

Start position (left arm block): Both arms are up alongside the right side of the head. The right arm is furthest from the body with the knuckles facing. The left arm is inside (on top) of the right arm with the underside/wrist facing. The start position is the same for both middle and low section blocks.

End position for middle (left arm block): Both arms rotate through 180°. The right arm ends on the hip, knuckles facing down. The left arm ends with the fist level with the shoulder, knuckles facing up (see Figure B). The arm ends bent 90° at the elbow.

End position for low (left arm block): Both arms rotate through 180°. The right arm ends on the hip, knuckles facing down. The left arm ends with the fist just below groin height, with the knuckles facing up (see Figure C showing the arm approaching its end position). The arm ends only slightly bent at the elbow.

Figure B



Figure C

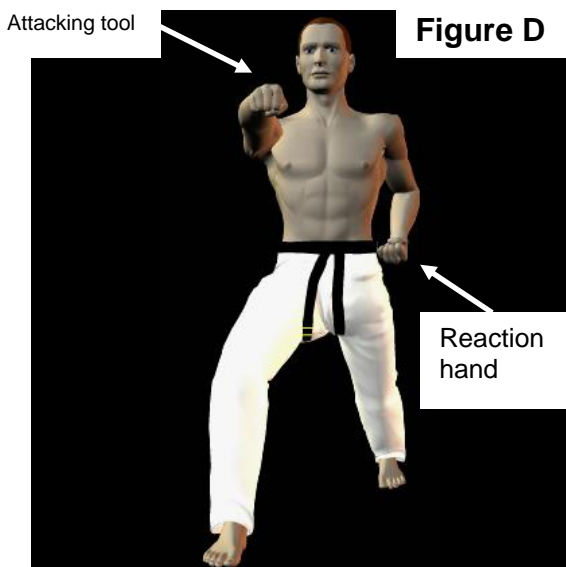


Figure D

Middle Section Fore-fist Punch

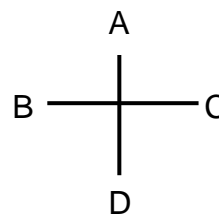
The fore-fist punch is called an **obverse punch** if it is over the front (leading) leg (i.e. right arm punch with the right leg forward in the stance as in Figure D). If it is not over the leading leg (i.e. a left arm punch with the right leg forward in the stance) it is known as a **reverse punch**.

The **fore-fist** has the first two knuckles (those attached to the index and middle fingers) as the attacking tools. The fist is held tight, with the thumb tucked underneath.

The **fore-fist punch** travels from the hip (starting with the knuckles facing down) and rotates through 180° to end with the knuckles on the top. The shoulders should be square and the punch in a direct line with the sternum (in line with the centre of the body).

Four-Directional Punch - Sajo-Jirugi

The four-directional punch is an exercise for the beginning student that develops basic Tae Kwon-Do technique, co-ordination, body shifting and balance. This exercise provides the basis for all 24 Tae Kwon-Do patterns to follow. KIHAP means SHOUT! There are two variants:



Number 1. Low Outer Forearm Block

Parallel Ready Stance – Start at cross facing A
NARANI CHUNBI SOGI

Part One: Move anticlockwise with the **right** foot only. The left foot pivots on the cross.

1. Move right foot to A, right walking stance, right punch
2. Move right foot to C, left walking stance, left low block, facing B
3. Move right foot to B, right walking stance, right punch
4. Move right foot to A, left walking stance, left low block, facing D
5. Move right foot to D, right walking stance, right punch
6. Move right foot to B, left walking stance, left low block, facing C
7. Move right foot to C, right walking stance, right punch (KIHAP)

8. Move the **right** foot to form a parallel ready stance facing A

Part Two: Move clockwise with the **left** foot only. The right foot pivots on the cross.

9. Move left foot to A, left walking stance, left punch
10. Move left foot to B, right walking stance, right low block, facing C
11. Move left foot to C, left walking stance, left punch
12. Move left foot to A, right walking stance, right low block, facing D
13. Move left foot to D, left walking stance, left punch
14. Move left foot to C, right walking stance, right low block, facing B
15. Move left foot to B, left walking stance, left punch (KIHAP)

End: Move the **left** foot to form a parallel ready stance facing A

Sajo-Jirugi number 2. Middle Inner Forearm Block

Perform exactly as Number 1 but replace all low blocks with middle inner forearm blocks

Note: A right walking stance has the right foot forwards and a left walking stance, left foot forwards

White belt Kicking Combinations *(not required for grading)*

1. Front kick, front kick, walking stance punch (any hand)
2. Crescent kick, crescent kick, walking stance punch (any hand)

Three-Step Sparring 1 *(required for grading)*

Attacker starts, right leg back, left walking stance, left low outer forearm block
Defender starts in parallel ready stance

Defence 1: Right leg back, walking stance middle inner forearm block (three times to the inside), counter with a reverse punch (right arm) in walking stance.

Basic Self-Defence *(required for grading)*

Single wrist grab, single lapel grab (same side and opposite side)