

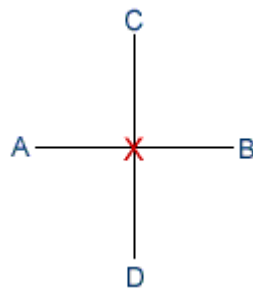
10th Kup (white belt) Grading Syllabus

Training time	Minimum 6 weeks	
Stances	Attention Parallel Sitting Walking	<i>Chariot</i> <i>Narani</i> <i>Annun</i> <i>Gunnun</i>
Section	High level Middle level Low level	<i>Napunde</i> <i>Kaunde</i> <i>Najunde</i>
Techniques	Outer forearm block	<i>Bakat palmok makgi</i>
	Inner forearm block	<i>An palmok makgi</i>
	Knifehand block	<i>Sonkal makgi</i>
	Obverse block	<i>So baro makgi</i>
	Reverse block	<i>So bandae makgi</i>
	Front rising kick	<i>Op cha olligi</i>
	Front punch	<i>Ap jamook</i>
	Obverse punch	<i>Baro ap jamook jirugi</i>
	Reverse punch	<i>Bandae jirugi</i>
Theory	<p>Q: What is the meaning of Tae Kwon-do? A: The art of self-defence with hand and foot techniques.</p> <p>Q: Where does Tae Kwon-do originate from? A: Korea</p> <p>Q: Who founded Tae Kwon-do? A: Grand Master General Choi Hong Hi 9th Degree</p>	
	<p>Q: What are the tenets of TKD? A:</p> <ul style="list-style-type: none"> ▪ Courtesy ▪ Integrity ▪ Perseverance ▪ Self-control ▪ Indomitable spirit 	
	<p>Q: What is the oath? A:</p> <ul style="list-style-type: none"> ▪ I shall observe the tenets of Tae Kwon-Do ▪ I shall respect my instructor and seniors 	

	<ul style="list-style-type: none"> ▪ I shall never misuse Tae Kwon-Do ▪ I shall be a champion of freedom and justice ▪ I shall build a more peaceful world 	
	<p>Q: What are the instructor grades in TKD?</p> <p>A:</p> <ul style="list-style-type: none"> ▪ 1st-3rd Degree – National Instructor ▪ 4th-6th Degree – International instructor ▪ 7th-8th Degree – Master ▪ 9th Degree - Grand Master 	
	<p>Q: Count to ten in Korean</p> <p>A:</p> <ol style="list-style-type: none"> 1. <i>Hana</i> 2. <i>Dul</i> 3. <i>Set</i> 4. <i>Net</i> 5. <i>Tasut</i> 6. <i>Yasut</i> 7. <i>Ilgup</i> 8. <i>Yadol</i> 9. <i>Ahope</i> 10. <i>Yaul</i> 	
<p>What happens in the grading?</p>	<ul style="list-style-type: none"> ▪ 10 single middle front punches in parallel stance ▪ 10 front rising blocks walking stance ▪ 10 push ups ▪ Forward stepping walking stance middle front punch ▪ Backward stepping walking stance inner forearm middle block ▪ Forward stepping and backward stepping inner forearm middle block reverse punch ▪ 4 directional punch 	
<p>Korean terminology</p>	<p>Forefist</p>	<p><i>Ap jamook</i></p>
	<p>Inner forearm</p>	<p><i>An palmok</i></p>
	<p>Outer forearm</p>	<p><i>Bakat palmock</i></p>
	<p>Knifehand</p>	<p><i>Sonkal</i></p>
	<p>Middle level</p>	<p><i>Kaundee</i></p>
<p>What happens in the grading?</p>	<ul style="list-style-type: none"> ▪ 10 single middle front punches in parallel stance ▪ 10 front rising blocks walking stance 	

	<ul style="list-style-type: none"> ▪ 10 push ups ▪ Forward stepping walking stance middle front punch ▪ Backward stepping walking stance inner forearm middle block ▪ Forward stepping and backward stepping inner forearm middle block reverse punch ▪ 4 directional punch
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Pattern(s)	Directional Blocking - <i>Saju Makgi</i>
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- Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
- 2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
- 3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
- 4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
- 5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
- 6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
- 7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
- 8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.
- END: Bring the right foot back to a ready posture