**White belt - 10th Kup grading syllabus**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☯ **Practical - what you need to do.**

* Identify yourself (name and grade).
* Sitting stance single punch (x10)
* Walking ready stance, front rising kick (x10 each leg)
* 10 press ups
* Walking stance, middle section punch - forwards and backwards (usually 4)
* Walking stance, low block, reverse middle section punch - forwards and backwards (usually 4)
* Walking stance, middle block, reverse middle section punch - forwards and backwards (usually 4)
* Four-directional punch (Sajo jirugi) number one and two.

☯ **Theory - what you need to say.**

Students need to learn Korean terminology for the techniques taught, belt colour and patterns.

**The tenets of Tae Kwon-Do**

**Courtesy** - to be polite to everyone;

**Integrity** - to be honest with yourself;

**Perseverance** - you should never stop trying to achieve a goal;

**Self-Control** - to be in control of your actions and

**Indomitable spirit** - to show courage when you are facing overwhelming odds.

**White belt** - signifies innocence, as that of the beginner who has no previous knowledge of Tae Kwon-Do.

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| --- | --- | --- | --- | --- | --- |
| **General** |  | **Commands** |  | **Parts of the body** |  |
| Sections **High -****Middle -****Low -**Obverse - Reverse -Inner - Outer - Press ups - **Hall -****Suit -****Instructor -****Belt -****Student -**  | **Nopunde****Kaunde****Najunde**BaroBandaeAnBakatMomtong Bachia**Dojang****Dobok****Sabum****Ti****Jeja** | **Attention -****Bow -****Ready -****Start -**Stop -Return to ready stance -Dismiss -Forwards -Backwards - About turn -**Tae -****Kwon -****Do -** | **Charyot****Kyong Ye****Junbi****Si-Jak**GomanBarrolHaessanApro KaggiDwiyro KaggiDwiyro Torro**To jump, kick or smash with foot****A fist/hand to punch or destroy with****The way, method or art** | Forefist -Forearm -Inner Forearm -Outer Forearm -Stances**Attention stance -****Parallel stance -****Sitting stance -****Walking stance -****Parallel ready stance -****Punch -****Kick -** | Ap JoomukPalmokAn PalmokBakat PalmokSogi**Charyot Sogi****Narani Sogi****Annun Sogi****Gunnun Sogi****Narani Junbi Sogi****Jirugi****Chagi** |

Those in **bold** tend to be focussed on.

Students should know the name of their club and Instructor and their grade.

Ashington Northumberland Tae Kwon-Do and Miss Phillippa Life 3rd Dan Black Belt.

**Who is your area representative?** Mr Kenny Walton, Northern England Co-ordinator and National Team Coach.

**Which country did Tae Kwon - Do come from?** South Korea

**When did the TAGB form?** August 1983

**What do the letters T.A.G.B. mean?** Tae Kwon - Do Association of Great Britain.

**Number of Movements:** 15 **Meaning of Sajo-Jirugi No1:** Four directional punch

**Starting Position:** Parallel ready stance

1. Move right foot forward towards A to form right walking stance, perform obverse mid section punch
2. Bring right foot back to left then move right foot back to form left walking stance towards B, perform obverse low section outer forearm block
3. Move right foot forward towards B to form right walking stance, perform obverse mid section punch
4. Bring right foot back to left then move right foot back to form left walking stance towards C, perform obverse low section outer forearm block
5. Move right foot forwards towards C to form right walking stance, perform obverse mid section punch
6. Bring right foot back to left then move right foot back to form left walking stance towards D, perform obverse low section outer forearm block
7. Move right foot forward towards D to form right walking stance, perform obverse mid section punch **(Kihap)**
8. Bring right foot back to parallel ready stance towards A
9. Move left foot towards A to form left walking stance, perform obverse mid section punch
10. Bring left foot back to right, then move left foot back to form right walking stance towards D, perform obverse low section outer forearm block
11. Move left foot towards D to form left walking stance, perform obverse mid section punch
12. Bring left foot back to right then move left foot back to form right walking stance towards C, perform obverse low section outer forearm block
13. Move left foot towards C to form left walking stance, perform obverse mid section punch
14. Bring left foot back to right then move left foot back to form right walking stance towards B, perform obverse low section outer forearm block
15. Move left foot towards section B to form left walking stance, perform obverse mid section punch **(Kihap)**

**End:** Bring left foot back to parallel ready stance.

**Sajo-Jirugi No2 Number of Movements:** 15 **Meaning of Sajo-Jirugi No2:** Four directional punch

**Starting Position:** Parallel ready stance

1. Move right foot forward towards A to form right walking stance, perform obverse mid section punch
2. Bring right foot back to left then move right foot back to form left walking stance towards B, perform obverse middle inner forearm block
3. Move right foot forward towards B to form right walking stance, perform obverse mid section punch
4. Bring right foot back to left then move right foot back to form left walking stance towards C, perform obverse middle inner forearm block
5. Move right foot forwards towards C to form right walking stance, perform obverse mid section punch
6. Bring right foot back to left then move right foot back to form left walking stance towards D, perform obverse middle inner forearm block
7. Move right foot forward towards D to form right walking stance, perform obverse mid section punch **(Kihap)**
8. Bring right foot back to parallel ready stance towards A
9. Move left foot towards A to form left walking stance, perform obverse mid section punch
10. Bring left foot back to right, then move left foot back to form right walking stance towards D, perform obverse middle inner forearm block
11. Move left foot towards D to form left walking stance, perform obverse mid section punch
12. Bring left foot back to right then move left foot back to form right walking stance towards C, perform obverse middle inner forearm block
13. Move left foot towards C to form left walking stance, perform obverse mid section punch
14. Bring left foot back to right then move left foot back to form right walking stance towards B, perform obverse middle inner forearm block
15. Move left foot towards section B to form left walking stance, perform obverse mid section punch **(Kihap)**

**End:** Bring left foot back to parallel ready stance