

**10th kup**

**Grade from White Belt to Yellow Ends.**

Taekwon-Do was developed from the ancient Korean Art of Self Defence called Taek-kyon by General Choi Hong Hi. The present name of Taekwon-Do was adopted on 11th April 1955. Taekwon-Do was brought into the United Kingdom by Master Rhee Ki Ha.

Taekwon-Do literally means:-

Tae - Foot

Kwon - Fist

Do - Art

It is important to know who your instructors are, and their title and grade.

**Your instructor is Mr John Tovey 3rd degree black belt.**

Remember, if at a grading you are asked the name of your instructor, you must always include their title i.e Mr/ Mrs/ Miss and their grade.

If you cannot understand something during a lesson, always ask your instructor or senior grade. They will always be willing to help you.

**Series of Movements:**

Sajo Jirugi (1) Sajo Jirugi (2)

**Theory**

It is important that all students learn from the following theory as well as the practical techniques.

**Tenets**

The tenets of Taekwon-Do are shown below with the examples of each:

Courtesy: e.g. call instructors/ examiners “Sir/ Ma’am”

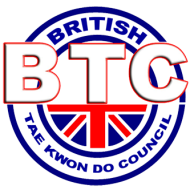
Integrity: e.g. be honest with yourself and others

Perseverance: e.g. never give up trying

Self-Control: e.g. never lose your temper

Indomitable Spirit: e.g. be brave and show courage



**Students Oath**

I shall observe the tenets of Taekwon-Do

I respect my instructors and seniors

I shall never misuse Taekwon-Do

I shall be a champion of freedom and justice

I shall build a more peaceful world

**Rules of the Club**

If your wish to gain extra training with an instructor other than your own, you must:

1. Seek your own instructor’s permission and approval.
2. Seek the agreement of the other instructor.
3. Still train with your own instructor at least twice a week.

No eating, drinking or mobile phones in the dojang whilst a lesson/ pregrading/ grading is in progress.

Appropriate clothing should be worn at all times. Remove all jewellery.

Always bow upon entering and leaving the dojang.

Never walk through the centre of a class; stay close to the walls.

Always help students of a lower grade than yourself if asked.

Always wear white doboks at official events e.g. pregradings, gradings, competitions etc.

Silence is always appreciated during a pregrading/ grading for the benefit of the students under examination.

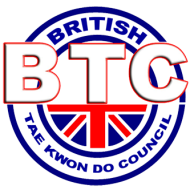
If asked a question by a Grading Examiner, always follow the answer with “Sir/ Ma’am”.

At gradings, always address officials as Sir/ Ma’am.

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**Belt Colour – White Belt**

White Belt signifies innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.

**Stances**

Attention Stance Chariot Sogi

Parallel Ready Stance Narani Junbi Sogi

Sitting Stance Annun Sogi (Weight distribution is equal on each foot and stance is 2 shoulder widths apart)

Walking Stance Gunnun Sogi (Weight distribution is equal on each foot, and stance is 1 shoulder width apart and 1.5 shoulder widths in length).

**Counting**

One Hanna Six Yasut

Two Dool Seven Ilgope

Three Set Eight Yadul

Four Net Nine Ahope

Five Tasut Ten Yaul

**Sections**

High Nopunde Front Ap

Middle Kaunde Side Yop

Low Najunde Back Dwit

**Parts of the Hand/ Foot**

Forefist Ap Joomuk Outer Forearm Bakat Palmok

Inner Forearm An Palmok Ball of Foot Ap Kumchi

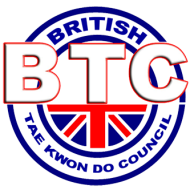
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**Techniques**

Obverse Punch Baro Jirugi Reverse Punch Bandae Jirugi

Block Makgi Kick Chagi

Front Leg Raising Ap Cha Oligi

**Notes on Stances/ Punching**

When in a walking stance, whichever leg is in front governs whether it is a left walking stance (left leg in front), or a right walking stance (right leg in front).

Obverse punch is when the hand that is punching is on the same side as the leg that is in front e.g. left leg, left hand.

Reverse punch is when the hand that is punching is on the opposite side of the leg that is in front e.g. left leg, right hand.

**Practical Techniques**

The following techniques form part of your first grading requirements and the examiner may ask you to demonstrate all or some of these.

Front Leg Raising – Ap Cha Oligi (10 times each leg)

Single Punch whilst in Sitting Stance (10 punches)

Press-ups (10 press-ups, male students 16 and over will be required to perform these on the first two knuckles)

Walking Stance, Low Section Outer Forearm Block - Gunnun Sogi, Najunde Bakat Palmok Makgi

Walking Stance, Middle Section Inner Forearm Block - Gunnun Sogi, Kaunde An Palmok Makgi

Walking Stance, Middle Section Obverse Punch - Gunnun Sogi, Kaunde Baro Jirugi

Walking Stance, Middle Section Inner Forearm Block, - Gunnun Sogi, Kaunde An Palmok

Reverse Punch Makgi, Bandae Jirugi

***Remember:***

All the basic techniques you have learnt are to help develop your hip movement. As you progress through

the grades you will need to utilise your hip movement to add power and speed to your techniques.

