



Mobile: 07973195301 email: [therogerlawrence@yahoo.co.uk](mailto:therogerlawrence@yahoo.co.uk)  
web site: [www.gbtf.co.uk](http://www.gbtf.co.uk)

### **10<sup>th</sup> Kup Theory**

Founder of Tae-Kwon-Do is Major General Choi-Hong-Hi 9<sup>th</sup> Dan.

**Your Instructors:** Grand Master Harrison 9<sup>th</sup> Dan and Mrs Harrison 5<sup>th</sup> Dan.

#### **Tae-Kwon-Do means Foot-Hand-Art**

<b>Stance</b>	Sogi	<b>Body Sections</b>	
Walking Stance	Gunnan Sogi	High	Nopunde
Sitting Stance	Annun Sogi	Middle	Kaunde
Parallel Stance	Narani Sogi	Low	Najunde
Attention Stance	Chariot Sogi		
<b>Hand Parts</b>		<b>Punch</b>	Jurugi
Fore Fist	Ap Joomuk		
Inner Forearm	An Palmok		
Outer Forearm	Bakkat Palmok	<b>Training Hall</b>	Dojang
		<b>Training Suit</b>	Dobuk
		<b>Belt</b>	Ti

**Tenets:** Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit.

**White Belt** – Means innocence as that of the beginning student with no previous knowledge of Tae-Kwon-Do.

**Yellow Belt** – Signifies earth from which a plant sprouts and takes root as the Tae-Kwon-Do foundation is being laid.