



Mobile 07976 986439 email: clive01@talktalk.net
www.mchftkd.co.uk

10th Kup Theory

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

Your Instructors: Grand Master Harrison 9th Dan and Mrs Harrison 5th Dan.

Tae-Kwon-Do means Foot-Hand-Art

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