10th Gup White to 10th Gup to 1 Stripe White

**(Green Group)**

(Used for approximate ages of 7-8 or other individuals with special needs or extenuating circumstances)

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| Exercise: |
| Left and Right 4 Direction Punch |
| Line Techniques/Motions:  Techniques will be listed by stance, height, technique/tool, in English, then Korean  \* = requires jump change |
| 1. Sitting stance middle punch    1. Annun so kaunde jirugi 2. Walking stance middle obverse punch    1. Gunnun so kaunde baro jirugi 3. Walking stance low outer forearm block    1. Gunnun so najunde bakat palmok makgi 4. L-stance middle inner forearm block    1. Niunja so kaunde an palmok yobap makgi 5. L-stance middle (forearm) guarding block    1. Niunja so kaunde (palmok) daebi makgi 6. L-stance front (snap) kick    1. Niunja so apcha busigi 7. L-stance lead leg side (piercing) kick\*    1. Niunja so ap dari yopcha jirugi 8. Sitting stance one, two punch    1. Annun so hana, dool jirugi 9. Fighting stance, reverse punch    1. Mot so, bandae jirugi |
| Balance Techniques: |
| 1. One leg stance (lifted foot in front kick position, 30 seconds each leg) |
| Target Techniques: |
| 1. Sitting stance, punch |
| Force Shield Techniques: (none) |
| Self Defense (Hosin Sul) |
| Release:   1. Single hand grab same side 2. Single hand grab, opposite side   Break Falls:   1. Break fall to back from a squatting position (get up in left and right figure 4) 2. Side fall from a squatting position (get up in left figure 4) |

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| Step Sparring: |
| **Beginner 1 step**   1. **Attack:** Step forward into a right walking stance, right obverse middle section punch **Defense:** Step back into a right L-stance, executing a middle block with the left inner forearm. **Counter attack:** Step right into a sitting stance, parallel to your opponent, execute a right middle section punch 2. **Attack:** Step forward into a right walking stance, executing a right obverse middle section punch. **Defense:** Step back into a right L-stance executing a middle block with the left inner forearm. **Counter attack:** Step right into a right sitting stance, parallel to your opponent, and execute a right middle section punch, a left low punch, and a right high punch (perform in a continuous motion) |
| Free Sparring: |
| * Belt/Rope sparring |
| New Terms: |
| |  |  |  |  | | --- | --- | --- | --- | | **English** | **Korean** | **English** | **Korean** | | One | Hana (Ha-nah) | Leg | Dari | | Two | Dool | L-stance\* | Niunja sogi | | Three | Set | Punch | Jirugi | | Four | Net | Sitting stance\* | Annun sogi | | Five | Ta-set | Walking stance\* | Gunnun sogi | | Six | Ya-set | Kick | Chagi | | Seven | Il-gup |  |  | | Eight | Ya-dul |  |  | | Nine | Ahop (ah-hope) |  |  | | Ten | Yol |  |  |   \*When naming a stance, we say, for instance, “Annun Sogi” (walking stance). When we *use the term in a sentence*, like the line motions, we shorten it to “Annun *so*”. |

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| History: |
| Oral test given by judge on technique, and history included below:   * Name the tenets of TKD * Name of your instructor and their rank * Who is Mrs. Shirley’s instructor? * Where is Taekwon-Do from? * Count to 10 in Korean * What are the colors of the belts (in order)? * Know any “New terms” listed above   Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar user name; make sure you get the correct one). Go to the “Classes” tab and select the Beginner Class – Green Group. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab. |

*\*\*\*Please note that a student’s ability to correctly perform the required technique is only one consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the class or head instructor. Also, please keep in mind that asking to test for rank (whether parents or students) is considered disrespectful and may postpone a student’s test.*