10th Gup White to 9th Gup High White

**(Orange Group)**

(Used for approximate ages of 9-14 or other individuals with special needs or extenuating circumstances)

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| Exercises: |
| Left and Right 4 Direction Punch, Left and Right 4 Direction Block |
| Line Techniques/Motions:  Techniques will be listed by stance, technique, height, then tool, in English, then Korean  \* = requires jump change |
| 1. Sitting stance center section punch    1. Annun so kaunde jirugi 2. Walking stance obverse center section punch    1. Gunnun so kaunde baro jirugi 3. Walking stance low block with the outer forearm    1. Gunnun so bakat palmok najunde makgi 4. L-stance middle side block with the inner forearm    1. Niunja so kaunde an palmok yop makgi 5. L-stance middle guarding block (with the forearm)    1. Niunja so palmok kaunde 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 sogi, bandae jirugi |
| 1. Walking stance low block with the knife-hand    1. Gunnun so sonkal najunde makgi 2. Walking stance inward block with the outer forearm    1. Gunnun so anuro bakat palmok makgi 3. L-stance side strike with the knife-hand    1. Niunja so sonkal yop taerigi 4. L-stance lead leg front (snap) kick\*    1. Niunja so ap dari apcha busigi 5. L-stance upward kick with the knee (front kick with the knee)    1. Niunja so moorup ollyo chagi 6. Jump change (by command)    1. Ba qua |

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| 1. L-stance, 1-2 punch (sparring style)    1. Niunja so, Hanna-dool jirugi (matsogi) 2. L-stance slide (forward, backward, left and right)\*    1. Niunja so mikulgi (apuro, dwiro, wen, oren) |
| Balance Techniques: |
| 1. One leg stance (lifted foot in front kick position, 30 seconds each leg) 2. Four part front kick (by count) |
| Target Techniques: |
| 1. Sitting stance, punch 2. Front kick 3. Walking stance punch |
| Force Shield Techniques: |
| 1. Sitting stance punch |
| Self Defense (Hosin Sul) |
| Release:   1. Single hand grab same side 2. Single hand grab, opposite side 3. Single lapel grab   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) 3. Front Fall from a squatting position |
| Step Sparring: |
| **Compulsory Step Sparring Routines**   1. **Attack:** Step forward into a right walking stance, right obverse center 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 center section punch 2. **Attack:** Step forward into a right walking stance, executing a right obverse center 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 center section punch, a left low punch, and a right high punch (perform in a continuous motion. |
| **Compulsory Step Sparring Routines**   1. **Attack:** Step forward into a right walking stance, executing a right obverse center section punch. **Defense:** Step back into a right L-stance executing a left middle block with the inner forearm. **Counter attack:** Adjust the left foot (backward) to create space, execute a front kick with the right foot, set the foot down into a right walking stance and execute a right high section punch, then a left center section punch (perform in a continuous motion). |
| 1. **Attack:** Step forward into a right walking stance, executing a right obverse center section punch. **Defense:** Step out and back with the left foot into a right walking stance, executing a right obverse middle block with the outer forearm. Execute a right side kick setting the foot behind the opponent’s right foot, followed by a right knife-hand strike to the neck |
| Free Sparring: |
| * Belt/Rope sparring * Flag sparring |
| New Terms: |
| |  |  |  |  | | --- | --- | --- | --- | | **English** | **Korean** | **English** | **Korean** | | One | Hana (Ha-nah) | Front (snap) kick | Apcha busigi | | Two | Dool | Inward | Anuro | | Three | Set | Jump change | Ba qua | | Four | Net | Knife-hand | Sonkal | | Five | Ta-set | Outer | Bakat | | Six | Ya-set | Side strike | yop taerigi | | Seven | Il-gup | Slide | Mikulgi | | Eight | Ya-dul | Sparring style | Matsogi | | Nine | Ahop (ah-hope) |  |  | | Ten | Yol |  |  | | Leg | Dari |  |  | | L-stance | Niunja sogi |  |  | | Punch | Jirugi |  |  | | Sitting stance | Annun sogi |  |  | | Walking stance | Gunnun sogi |  |  | | Kick | Chagi |  |  | |

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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 bolded “New terms” listed above * Know what the tenets of Taekwon-Do mean * Who is Mrs. Shirley’s instructor? * Who is the head of Maum Sin Yong and what rank are they? * Who is Master Crochet and what rank is she? * Who created TaeKwon-Do? * What does Taekwon-Do mean? * When was TKF founded? * How do our feet move when we “slide”? * What is the highest rank you can achieve in TKD while living? * What style of Taekwon-Do do we practice? * What does ITF stand for? * Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch) * Know any bolded “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 username; make sure you get the correct one). Go to the “Classes” tab and select the Beginner Class – Orange 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.*