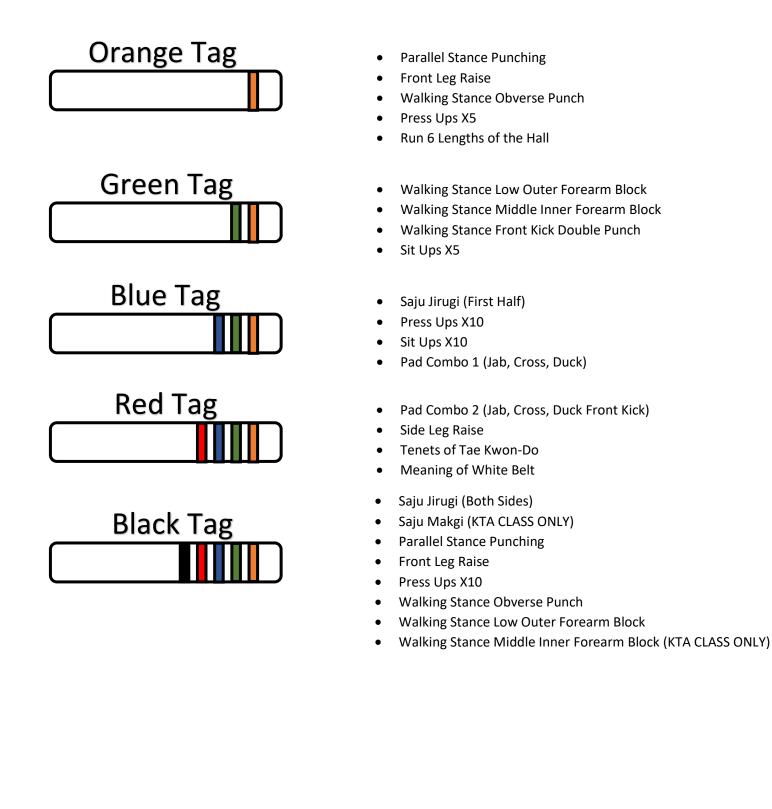


10th Kup White Belt Grading + Assessment Information

Kings Cubs Will need to go through the entire tag system

KTA will receive a black tag on completion of a pre grading



Grading Practical

- Saju Jirugi (Both Sides)
- Saju Makgi (KTA CLASS ONLY)
- Parallel Stance Punching
- Front Leg Raise
- Press Ups X10
- Walking Stance Obverse Punch
- Walking Stance Low Outer Forearm Block
- Walking Stance Middle Inner Forearm Block (KTA CLASS ONLY)
- Theory

Theory Examples

- Who is the father and founder of Tae Kwon-Do? Grand Master General Choi Hong Hi – 9th Degree
- What are the names and grades of your instructors? Master Jason King 7th Degree Mr. Bradley King 6th Degree Mr. Lewis King 5th Degree
- 3. What are the 5 Tenets of Tae Kwon-Do? Courtesy --- To be polite Integrity --- To be honest Perseverance --- Never give up Self – Control --- Control your emotions and actions Indomitable Spirit --- Fight for what you believe in

4. Demonstrate and describe a Walking Stance?

Gunnun Sogi in Korean 1 and a ½ shoulder widths in length 1 shoulder width wide Back leg straight Front leg slightly bent Weight distribution 50/50 Back foot 25 Degree angle

5. Meaning of White Belt?

White belt signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon-Do.

Terminology

Common Commands

Ready --- Jun Bi Attention --- Chariot Bow --- Kyong -Yi Begin --- Sijak Stop /Finish --- Goman Return --- Bah ro In your own time --- Ku in op chi My Count --- Ku ryung ee mat cho so

General Terminology

Low --- Najunde Middle --- Kaunde

Stances

Attention Stance --- Chariot Sogi Parallel Ready Stance --- Narani Junbi Sogi Walking Stance --- Gunnun Sogi 1 Shoulder width Wide. 1 and ½ Shoulder width in length. Back Leg Straight. Front Leg slightly bent. Weight distribution 50/50. Back foot 25 Degrees.

Attacking Techniques

Obverse Punch --- Baro Jirugi Front Raising Kick --- Apcha Olligi Front Snap Kick --- Apcha Busigi

Defending Techniques

Low Outer Forearm Block --- Najunde Bakat Palmok Makgi Middle Inner Forearm Block --- Kaunde Anpalmok Magki