



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

Orange Tag



- Parallel Stance Punching
- Front Leg Raise
- Walking Stance Obverse Punch
- Press Ups X5
- Run 6 Lengths of the Hall

Green Tag



- Walking Stance Low Outer Forearm Block
- Walking Stance Middle Inner Forearm Block
- Walking Stance Front Kick Double Punch
- Sit Ups X5

Blue Tag



- Saju Jirugi (First Half)
- Press Ups X10
- Sit Ups X10
- Pad Combo 1 (Jab, Cross, Duck)

Red Tag



- Pad Combo 2 (Jab, Cross, Duck Front Kick)
- Side Leg Raise
- Tenets of Tae Kwon-Do
- Meaning of White Belt

Black Tag



- 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)

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

1. Who is the father and founder of Tae Kwon-Do?

Grand Master General Choi Hong Hi – 9th Degree

2. 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