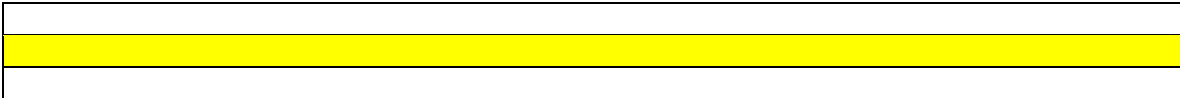


10th Kup - White Belt Study Sheet



White signifies innocence, as that of a beginning student with no previous knowledge of Taekwon-Do.



Listed below is some information to help you in your first grading.

NB:

The English spelling of the technical Korean translations and terminology used throughout may differ from other technical publications. This is because many of the translations are phonetic and are based upon the dialect of both speaker and interpreter and as such should not necessarily be accepted as the definitive translation. In particular this refers to the letters 'D' & 'T', 'K' & 'G', 'B' & 'P', which phonetically sound similar and are often interchanged in the English translations.

Tenets of Taekwon-Do

Courtesy:	Ye Ui (pronounced Yee)	Self Control:	Guk Gi
Integrity:	Yom Chi	Indomitable Spirit:	Baekjul Boolgool
Perseverance:	In Nae		

Taekwon-Do Oath

I shall observe the tenets of Taekwon-Do
I shall respect the Instructor and my seniors
I shall never misuse Taekwon-Do
I shall be a champion of freedom and justice
I shall strive to build a more peaceful world

태
권
도

Meaning of Taekwon-Do

Tae: Means to Kick or Smash with the foot or leg
Kwon: Means to punch or destroy with the hand or fist
Do: "Way of life" or "Art of"...

Numbers

1 - Hanna 6 - Yasaul
2 - Dool 7 - Ilgop
3 - Set 8 - Yahdol
4 - Net 9 - Ah-Hop
5 - 10 - Yoll
Dasaul

Training Commands

Bow - Kyong-ye
Start/Commence - Si-jak
Stop - Goman
Break - Haechyong
Return to Ready Stance - Barrol or Parro
Rest - Swiyo (pronounced "show")
About turn - Dwiro dora

Technical Terms

Stance - Sogi Ass. - Bu-Sabum
Sitting - Annun Instructor Dan (there are 9 of these) - Rank for holder of black belt
Attention - Charyot Instructor - Sabum
Parallel ready - Narani Junbi Rank for coloured belts (there are 10 of these) - Gup or Kup
Sitting Stance - Annun Sogi Training Suit - Dobok
Walking Stance - Gunnun Sogi Belt - Ti (pronounced Dee)
Walking Ready Stance - Gunnun Junbi Sogi Training Hall - Do Jang

Parts of Body

Forefist - Ap joomuk Ball of foot - Ap kumchi
Inner Forearm - An palmok -
Outer Forearm - Bakat Footsword - Balkal
Forearm - palmok
Leg - Dari Knifehand - Sonkal
Back Fist - Dung Joomuk

Other Terms – Note that the cha and gi (chagi) may often be split e.g CHAolliGI

Block - Makgi Kick - Chagi
Punch - Jirugi (pronounced "chi-riggi") Rising - Chookyo makgi
Front leg rising - Ap Chaolliigi Block
Front snap kick - Ap Chabusigi Left - Wen
Reverse - Bandae Right - Orun
Obverse - Baro Front - Ap
Press Ups - Momtong Bachia Side - Yop
3-Step Sparring - Sambo Matsoki
Self Defence - Hosin Sul
High level - Nopunde Middle level - Kaunde
Low level - Najunde

The Father and Founder of Taekwon-Do is the late Major General Choi Hong Hi (pronounced "Hee") 9th Dan [1918-2002]. Taekwon-Do was officially recognised on 11 April 1955. Taekwon-Do was introduced into the United Kingdom by Grandmaster (then a Master) Rhee Ki Ha in 1967. The G.T.I (Global Taekwon-Do International) was founded in February 1993.

Measurements of Stance

Attention Stance is heels together – feet 45° - hands at side

Parallel Stance is feet parallel (like they are on railway tracks) and 1 shoulder width apart measured from outside of feet.

Sitting Stance is 1 ½ shoulder width measured from inside the feet.

Walking Stance is 1 ½ shoulder widths long (front toes to front toes) and 1 shoulder width wide (from middle of feet). The weight distribution is 50/50 and the back foot is out at an angle of about 25°.

Basic Exercise – Saju Jirugi (14 moves) is a basic exercise directed towards white belts. It consists of two separate parts containing a series of four-directional punches and blocks.

Above this line is the theory for most of the Questions on your first grading.

Three Step Sparring (Sambo Matsoki)

On the ready command (Junbi), the attacker will move their right foot back into left Walking stance (Gunnun Sogi) whilst performing an outer forearm low section block with their last arm. The defender at the same time will move their left foot to parallel ready stance (Narani Junbi Sogi).

On the command of start (Sijak), the attacker will Kiap (shout to signify readiness). Three Step Sparring will then commence.

Sambo Matsoki is an exercise which enables the defending student to practice the use of various defending and attacking tools against an appropriate target, whilst also helping to develop their Focus, Distance and Timing, which in turn adds up to better Co-ordination skills.

Number 1

Attack – always 3 mid-section obverse punches in walking stance.

1. Face partner, attention and bow.
2. Measure up to your partner, right foot back into walking stance, low block.
3. When signalled step forward in walking stance mid-section obverse punch 3 times.

Defence as below

1. Right leg back, left walking stance inner forearm block with left forearm to inside of punch. Third move, block then reverse punch. Target is the solar plexus.

Self-defence Techniques (Hosin Sul) No 1. Release from a single wrist grab (Jappyosul Tae) from the same side and counter attack.

Grading Procedure

1. Arrive early to familiarise yourself with the Do Jang (training hall) and to warm up physically and mentally.
2. Line up with the other candidates and salute the examiner upon his or her arrival.
3. There will be between six and eight positions marked on the floor. When your name is called, answer loudly and clearly, "Present Sir!" and quickly move to the position nominated for you.
4. Stand in the attention stance, then with your right hand held up, palm facing away from the body, state your name and grade. If you are a beginner, say "10th Kup Sir/Ma'am!"
5. No talking is allowed during the grading
6. Refrain from leaving the hall during the grading.
7. Maintain the attention stance whilst on the floor.
8. The Examiner must be referred to as **Sir or Ma'am**
9. When approaching the Examiner you must bow and answer all questions that he/she may ask.

Remember -To grade you must:

1. Have reached the required standard.
2. Have a current G.T.I. licence/membership book and completed a grading record application form.
3. Have a clean and pressed Dobok (Training Uniform).
4. Have attended a sufficient amount of classes to grade.
5. Have been approved to grade by your Instructors Mr Baldwin and Mr Ebbs.