



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION 10TH KUP – WHITE BELT

PRACTICAL

Sitting stance: 10 single punches

4 direction punch

Walking ready stance

A few Press ups or other simple exercise(s)

Walking stance with techniques selected from:-

Front Rising kick, Front Snap kick, Reverse Punch,

Low block, Middle block, Low Block & Reverse punch,

Middle block & Reverse punch, Obverse Punch,

MEANING OF TAE KWON-DO

TAE – means foot or to jump, kick or smash with a foot

KWON – fist or to punch or destroy with hand or fist

DO – “art” or “way of”

TENETS of TAE KWON-DO

Courtesy, Integrity, Perseverance, Self control, Indomitable Spirit

MEANING OF THE COLOUR WHITE

Signifies innocence, as that of a beginner student who has no previous knowledge of Tae Kwon-Do

TERMINOLOGY

Attention stance

Charyot Sogi

Parallel Ready stance

Narani Chunbi Sogi

Sitting Stance

Annun Sogi (1½ - 2 shl w wide & 50/50 wgt)

Walking Stance

Gunnun Sogi (1½ - 2 shl w long, 1 shl w wide & 50/50 wgt)

Walking Ready Stance

Gunnun Chunbi Sogi

Inner Forearm

An Palmok

Outer Forearm

Bakat Palmok

Fist

Joomuk

Front Fist

Ap Joomuk

Block

Magki

Stance

Sogi

Punch

Jirugi

Kick

Chagi (*sometimes shortened to cha*)

Low Section

Najunde

Middle Section

Kaunde

High section

Nopunde

4 Direction Punch Exercise

Saju Jirugi

Front Rising Kick

Ap Cha Olligi

Front Snap Kick

Ap Cha Busigi

Instructor

Sabum

Attention

Charyot

Training Uniform

Dobok

Bow

Kyong Ye

Training Hall

Dojang

Belt

Ti

- FOR REFERENCE -

- Your Instructors Name(s) are: *Ask them so that you know !*
- The Founder of Tae Kwon-Do – General Choi Hong Hi 9th Dan
- Tae Kwon-Do was officially recognised on 11th April 1955, Introduced into the United Kingdom in 1967.
- The Tae Kwon-Do Association of Great Britain (TAGB) was founded in 1983.
- The Chairman of the TAGB – Mr David Oliver 9th Dan.