

Cadets 10th Kup Grading - (White belt to yellow stripe)

(Grading syllabus can change at examiners discretion)

Fitness:

- Press-ups 10 times
- Sit ups 10 times
- Jump jacks 10 times

Line work:

- Front rising kick (leg raise exercise) 5 each leg (to examiners count)
- Sitting stance – single punch 10 times (to examiners count)
- Middle section obverse punch in walking stance (Same arm and leg forward)
- Middle section reverse punch in walking stance (Opposite arm and leg forward)
- Low block in walking stance
- Low block reverse punch in walking stance
- Middle block in walking stance
- Middle block reverse punch in walking stance
- Front kick in walking stance keeping hand in guard position

Floor Exercise:

- 3 Step sparring number 1

Pad Work:

- Various combination to grade

Freestyle Linework (all done on the bounce):

- Front hand punch (Jab punch)
- Front hand, Back hand punch (Jab, Cross punch)
- Rear leg front kick

Required Theory:

What does white belt signify?

White belt signifies innocence, having no previous knowledge of Tae Kwon Do.

What do the words Tae Kwon Do mean?

Foot, hand and art.

What are the five tenants?

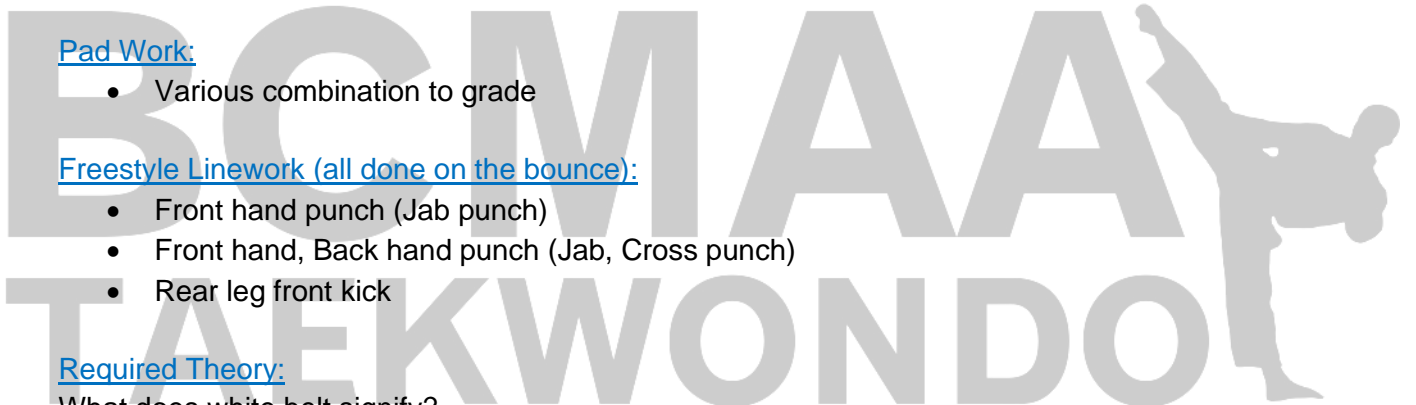
Courtesy – integrity – perseverance – self-control – indomitable spirit

Count to 5 in Korean:

one *Hanna*, two *Dool*, three *Set*, four *Net*, five *Dasaul*.

What is Korean for walking stance? – describe the stance.

Gunnong sogi - (1 ½ shoulders long, 1 wide – 50/50 weight distribution)



Challenge yourself, with learning additional theory.

Training hall - *Dojang*

Training suit - *Dobok*

Instructor - *Sabum*

Belt - *Ti*

Attention - *charyot*

Bow – *kyong ye*

Ready - *chunbi*

Return to ready stance - *barrol*

High – *Nopunde*

Middle – *Kaunde*

Low - *Najaude*

Attention stance – *Charyot sogi*

Parallel ready stance – *Narani chunbi sogi*

Sitting stance – *Annun sogi* (1 ½ shoulders widths wide)

Obverse punch – *Baro jirigi* (same arm and leg forward)

Reverse punch – *Bandae jirigi* (opposite arm and leg forward)

Forearm – *Palmok*

Inner forearm – *An palmok*

Inner forearm block – *An palmok makgi*

Outer forearm – *Bakat palmok*

Outer forearm block – *Bakat palmok makgi*

In middle block, what is the height of the fist and the angle of the arm? *Fist level with the shoulder, arm 90 degrees*

