

WHITE BELT (10TH KUP)

TENETS OF TAE KWON-DO

- COURTESY:** To be polite to everyone. You must always be courteous to your Instructors, seniors and fellow students.
- INTEGRITY:** To be honest with yourself. You must be able to define the difference between right and wrong.
- PERSERVERANCE:** To achieve a goal. Whether a higher grade or a new technique, you should never stop trying.
- SELF CONTROL:** To always be in control of your actions. You must be able to live, work and train within your capabilities.
- INDOMITABLE SPIRIT:** To show courage when you and your principles of pitted against overwhelming odds. You should do your utmost to never give up

THE FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated in South Korea on 11th April 1955, following extensive research and development by the founder Major General Choi Hong Hi, 9th Degree Black Belt (1918-2002).

Tae Kwon-Do was introduced into the United Kingdom in 1967.

One Martial Arts was founded in 2020.

1. General Terms

Training Hall	Dojang
Training suit	Dobok
Instructor	Sabum
Belt	Ti
Student	Jeja
Inner	An
Outer	Bakat
Press Ups	Momtong Bachia

Commands

Attention	Charyot
Bow	Kyong-Ye
Ready	Chunbi
Start	Si-Jak
Stop	Goman
Return to ready stance	Barrol
Dismiss	Haessan
Forwards	Apro Kaggi
Backwards	Dwiyro Kaggi
About Turn	Dwiyro Torro

Counting

1	Hanna
2	Dool
3	Seth
4	Neth
5	Dasaul
6	Yosaul
7	Ilgop
8	Yodoll
9	Ahop
10	Yoll

Sections of the body

Low	Najunde
Middle	Kaunde
High	Nopunde

2. Parts of the body

Forefist	Ap Joomuk
Forearm	Palmok
Inner Forearm	An Palmok
Outer Forearm	Bakat Palmok

3. Stances

Attention Stance	Charyot Sogi
Parallel Stance	Narani Sogi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi

4. Basic Movements

(a) Defensive

Inner Forearm Block	An Palmok Makgi
Outer Forearm Block	Bakat Palmok Makgi
Front Rising Kick	Ap Chaolligi
Side Rising Kick	Yop Chaolligi

(b) Offensive

Obverse Punch	Baro Jirugi
Reverse Punch	Bandae Jirugi

(c) Exercise

4 Directional Punch	Sajo Jirugi
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White Belt – signifies innocence, that of the beginner who has no previous knowledge of Tae Kwon-Do

Your 10th Kup Grading

Identify yourself.

Sitting stance – single punch.

Front rising kick exercise.

10 Press ups.

Walking stance – middle section punch (forwards and backwards)

Walking stance – low block reverse middle section punch (forwards and backwards).

Walking stance – middle inner forearm block (forwards and backwards).

Sajo Jirugi (4 directional punch) variations 1 & 2

Theory – All theory up to this page.

Minimum training time before next grading – 3 months

Student Notes:
