YELLOW BELT

(8TH 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**	
Inward	Anaero
Outward	Bakaero

2. **Parts of the body**	
Palm	Sonbadak
Knifehand	Sonkal
Backfist	Dung Joomuk

3. **Basic Movements**	
(a) Defensive	
Knifehand Guarding block	Sonkal Daebi Makgi
Twin forearm block	Sang Palmok Makgi
Inward outer forearm block	Anaero Bakat Palmok Makgi
(b) Offensive	
Backfist strike	Dung Joomuk Taerigi
Turning kick	Dollyo Chagi
Front backfist strike	Ap Dung Joomuk Taerigi

4. **Pattern (Tul)**	
Dan-Gun	21 moves
Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333BC.	

Green belt – signifies the plant's growth as the Tae Kwon-Do skills begin to develop.

Your 8th Kup Grading

Identify yourself

L stance – Twin forearm block

Walking stance – Front kick/Double Punch

L stance, Middle Inward Outer forearm block

Turning kick, land guarding block in L stance

L stance – Knifehand guarding block

Pattern – Dan Gun and Chon-Ji

Theory – All theory up to this page.

Minimum training time before next grading – 3 months

Student Notes:

YELLOW BELT / GREEN STRIPE (7TH KUP)