

## Information Applicable to 10th Kup Students aged 13+ (Beginners 1<sup>st</sup> grading)

### Etiquette

1. On entering the dojang (training hall), bow towards the most senior grade.
2. If the Instructor enters after you, stop what you are doing and bow to him/her.
3. Address Blackbelts as “Sir”/“Miss” during training.
4. Students must not spar unless told to do so by the instructor.
5. Don't teach a technique to others unless asked to by the instructor
7. **Jewellery and chewing gum are not allowed for safety & insurance reasons.**

Line up at the start of class in “at ease” position. Feet shoulder width (Parallel stance/ **Narani Sogi**) hands behind back.



On the command of “**charyot**” students stand in attention stance. (Charyot means attention)



On the command of “**Kyong-ye**” students **bow** to instructor and instructor bows to students, (to show respect).

**Gumahn** – stop

**teero torra** – spot turn to face other way

**Boo Sabum** - instructor (up to 3<sup>rd</sup> Dan)

**Sahyung** - master (7<sup>th</sup> & 8<sup>th</sup> Dan)

**baro** – return to starting position

**Swiyo** – at ease

**Sabum** -instructor 4<sup>th</sup>-6<sup>th</sup> Dan

**Saseong** - Grandmaster (9<sup>th</sup> Dan)

**Sijak** – begin

### Grading Requirements

10 press ups (male over 16 on knuckles)

10 parallel stance single, middle punches (counting in Korean – hana, dool, set, net, tasut, yosut, ilgop, yodul, ahop, yul)

Walking stance front rising kick 10 each leg

Forwards stepping Walking stance, middle punch.

Backward stepping Walking stance inner forearm middle block.

Forward & backwards stepping, Walking stance inner forearm middle block, reverse punch.

4 Four direction punch (sajo jirugi) and 4 direction block (sajo Makgi)

### Theory Questions for 10th Kup Students

1. In which country did Taekwon-do originate? **Korea**
2. Who was the founder of Taekwon-do? **Grandmaster General Choi Hong Hi 9<sup>th</sup> Dan**
3. Who is your instructor (name and grade)? **Mrs Bennett 5th Dan**
4. What are the 5 tenets of Taekwon-do? **Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit**
5. What do the words Taekwon-do mean? **Tae = kick/ hit with foot, Kwon = punch /smash with hand, Do= art/way**
6. What does a white belt signify? **Innocence, the beginner who has no knowledge of Taekwon-Do**
7. Why are you learning Taekwon-do? **Your own answer**

8. What is the International Taekwon-do Oath? **I shall observe the tenets of Taekwon-Do, I shall respect my Instructor and seniors, I shall never misuse Taekwon-Do, I shall be a champion of freedom and justice, I shall build a more peaceful world.**

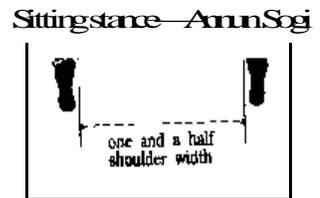
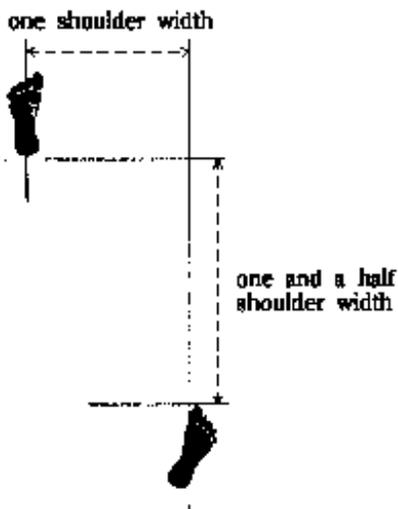
9. Describe a reverse punch.

In walking stance it's a punch over the back leg, an obverse punch is over the front leg, but it's not the same for all stances. Definition - a reverse technique is one that's over the leg that is least bent or has the least weight on it, while an obverse technique is over the leg most bent.

10. Demonstrate / name the 4 stances you've learned. **Attention stance – Charyot sogi, Parallel stance – Narani sogi, Sitting stance – Annun sogi, Walking stance – Gunnun sogi )**

11. Name the following in Korean terminology, and identify them.

- a) **Ap joomuk** – forefist
- b) **An Palmok** - Inner forearm
- c) Middle level – shoulder height
- d) **Bakat Palmok** - Outer forearm
- e) **Sonkal** – knife hand
- f) Middle section – from waist to neck



**Ap Joomuk**  
(Forefist)



**An Palmok**  
(Inner Forearm)  
**Thumb side**



**Bakat Palmok**  
(Outer Forearm)

- 1 = Hanna
- 2 = Dool
- 3 = set
- 4 = net
- 5 = tasut
- 6 = yosut
- 7 = ilgop
- 8 = yodul
- 9 = ahop
- 10 = yul