

Information for 10th Kup (White Belt) Under 13's

Charyot means attention, **sogi** means stance, so Charyot sogi is Attention stance

Kyong-ye means bow, (this shows respect)

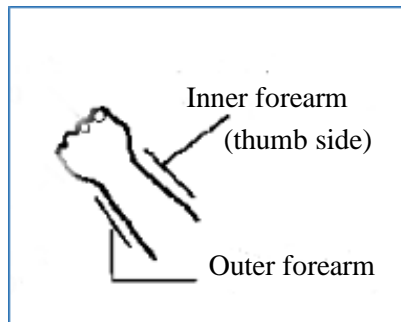


For the 1st Grading students do the following:

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| 10 press ups | 10 parallel stance, middle punches |
| Walking stance, front rising kicks, 10 each leg | Stepping forwards, Walking stance, middle punch |
| Backward stepping Walking stance inner forearm middle block. | 4 Four direction punch (Sajo jirugi) |
| 4 Direction block, (Sajo Makgi) | |
| Forward & backwards stepping, Walking stance inner forearm middle block, reverse punch. | |

Theory Questions for 1st Grading:

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| 1. Which country does Taekwon-do come from? | Korea |
| 2. Who was the founder of Taekwon-do? | Grandmaster General Choi Hong Hi 9 th Dan |
| 3. Who is your instructor (name and grade)? | Mrs Bennett, 5 th 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/, Kwon =punch, Do=art (Translates to 'Art of hand & foot') |
| 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. Demonstrate & name 4 stances. | Attention stance, Parallel stance, Sitting stance, Walking stance |
| 9. Show a reverse punch in Walking stance. | A reverse punch is one that's over the leg least bent. |
| 10. What is the International Taekwon-do Oath? | I shall observe the tenets of Taekwon-Do, I shall respect my Instructor & seniors, I shall never misuse Taekwon-Do, I shall be a champion of freedom & justice, I shall build a more peaceful world. |
| 11. Name and POINT TO the following: | |
| a) forefist d) Outer forearm
b) Inner forearm e) knife hand
c) Middle level – shoulder height f) Middle section – from waist to neck | } See diagrams below |
| 12. How long & wide should walking stance be? | 1 shoulder width wide, and 1½ shoulder widths long |



Counting in Korean (not essential yet but start learning)

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

You'll be asked 4 or 5 questions. (Younger children will be asked the easier ones.)