

Information for 10th Kup (White Belt) Under 10 years old

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:

10 press ups

Walking stance, front rising kicks, 10 each leg

Backward stepping Walking stance inner forearm middle block.

4 Direction block, (Sajo Makgi)

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

For the first grading, each of the above will be demonstrated to them before asking them to do it

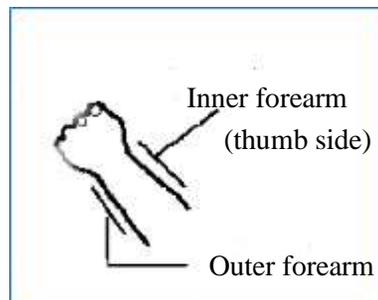
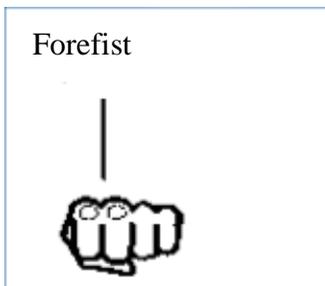
10 parallel stance, middle punches

Stepping forwards, Walking stance, middle punch

4 Four direction punch (Sajo jirugi)

Questions for 1st Grading:

1. Which country does Taekwon-do come from? Korea
2. Who was the founder of Taekwon-do? Grandmaster General Choi Hong Hi 9th Dan
3. Who was the founder of the UKTA? Grand Master Rhee Ki Ha in 1967
4. Who is your instructor (name and grade)? Mrs Bennett, 6th Dan
5. What are the 5 tenets of Taekwon-do? Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit
6. What do the words Taekwon-do mean? Tae = kick, Kwon =punch, Do=art (Translates to 'Art of hand & foot')
7. What does a white belt signify? Innocence, the beginner who has no knowledge of Taekwon-Do
8. Why are you learning Taekwon-do? Your own answer
9. Demonstrate & name 4 stances. Attention stance, Parallel stance, Sitting stance, Walking stance
10. Show a reverse punch in Walking stance. A reverse punch is one that's over the leg least bent.
11. What is the Taekwon-do Oath? I shall observe the tenets of Taekwon-Do, I shall respect the Instructor & seniors, I shall never misuse Taekwon-Do, I shall be a champion of freedom & justice, I shall build a more peaceful world.
12. How long & wide should walking stance be? 1 shoulder width wide, and 1½ shoulder widths long
13. Name and **POINT TO** the following:



Counting in Korean

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

You'll usually be asked 4 or 5 questions. Younger children, (6 to 7 year olds), will be asked the easier ones. All children should attempt to learn as much as they can. Speak to the instructor if your child has a learning difficulty.