

10th Kup Grading Requirements

Syllabus – For promotion to 9th Kup (Yellow Stripe)

1. Four Directional Punching & Blocking
2. Up & Down Movements
Forwards – Middle Section, Obverse Punch
Backwards – Inner Forearm, Middle Section Block
3. Sitting Stance Middle Section Punch x 10
4. Press Ups x 10 (chin to floor)
5. Terminology

Terminology

1	SAJU JIRUGI – Four Directional Punching (This is NOT a pattern!)	
2	STANCES – Sogi ATTENTION STANCE – <i>CHERIYOT SOGI</i> Heels together, toes apart Hands form fists by your sides, approximately 45 degrees away from your body Left leg moves to form stance PARALLEL READY STANCE – <i>NARANI JUNBE SOGI</i> Feet shoulder width apart Both feet parallel Hands form fists in front of your belt SITTING STANCE – <i>ANNUN SOGI</i> Width = Feet 1 & a half times shoulder width apart Weight distribution = 50:50 Feet parallel WALKING STANCE – <i>GUNNUN SOGI</i> Width = Feet shoulder width apart Length = Feet 1 & a half times shoulder width Weight distribution = 50:50 Forward leg indicates whether it is a right or left stance	
3	SECTIONS LOW SECTION <i>NAJUNDE</i> (Below the belt) MIDDLE SECTION <i>KAUNDE</i> (From the belt to shoulder) HIGH SECTION <i>NOPUNDE</i> (Above the shoulder)	

4	GENERAL TERMINOLOGY FOREFIST <i>AP JOOMUK</i> INNER FOREARM <i>AN PALMOK</i> OUTER FOREARM <i>BAKAT PALMOK</i> BLOCK <i>MAKGI</i> PUNCH <i>JIRUGI</i> STANCE <i>SOGI</i> FRONT LEG RAISE <i>AP CHA OLLYGE</i> EXTRA INFO... TRAINING HALL <i>DOJANG</i> TRAINING UNIFORM <i>DOBOK</i>
5	COUNTING 1 – <i>HANA</i> 6 – <i>YUSUT</i> 2 – <i>DOOL</i> 7 – <i>ILGOP</i> 3 – <i>SET</i> 8 – <i>YAUDUL</i> 4 – <i>NET</i> 9 – <i>AHOP</i> 5 – <i>TASUT</i> 10 – <i>YAIL</i>
6	TAE KWON DO a) SPELLING – Learn the spelling of 'Tae Kwon Do' b) MEANING: TAE = To break or destroy with the FOOT KWON = To break or destroy with the HAND DO = The way of the ART Basically 'the art of hand and foot fighting'
7	MEANING OF THE COLOUR WHITE White signifies innocence as that of the beginner who has no previous knowledge of Taekwon-Do.
8	THE TENENTS OF TAEKWON-DO COURTESY <i>YE UI</i> INTEGRITY <i>YOM CHI</i> PERSISTENCE <i>IN NAE</i> SELF-CONTROL <i>GIK GI</i> INDOMITABLE SPIRIT <i>BAEKJUL BOOLGOOL</i>
9	GENERAL INFORMATION <ul style="list-style-type: none"> The founder of Taekwon-Do GENERAL CHOI HONG HI – 9th Dan The inaugural date of Taekwon-Do is 11th April 1955 Taekwon-Do originated in SOUTH KOREA You may be asked: <ul style="list-style-type: none"> How you found out about Taekwon-Do / the club you train at Why you started training in Taekwon-Do