**10th kup Theory Summary**

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| **White** - signifies **innocence**, as the beginner has no previous knowledge of Taekwon-Do. | | Taekwon-Do originated in **Korea** with official recognition given on the **11th April 1955**. | |
| **Tae:** to strike, smash or destroy with the foot  **Kwon:** to strike, smash or destroy with the hand  **Do:** way of life/art | | The father and founder of Taekwon-Do was **Grand Master General Choi Hong Hi 9th (IX) Degree (1918 – 2002).** | |
| **The Oath** | | **The Tenets** | |
| 1. I shall observe the tenets of Taekwon-Do 2. I shall respect my instructors and seniors 3. I shall never misuse Taekwon-Do 4. I shall be a champion of freedom and justice 5. I shall build a more peaceful world | | 1. Courtesy (Ye Ui) 2. Integrity (Yom Chi) 3. Perseverance (In Nae) 4. Self-Control (Guk Gi) 5. Indomitable Spirit (Baekjook Boolgool) | |
| **Exercises** | | **Numbers** | |
| 4-directional punch (saju jirugi)  4-directional block (saju makgi)   * **N.B.** Saju jirugi and saji makgi are **not** patterns | | One (Hana)  Two (Dool)  Three (Set)  Four (Net)  Five (Tasot) | Six (Yasot)  Seven (Ilgop)  Eight (Yadul)  Nine (Ahop)  Ten (Yul) |
| **Technique Terminology** | | | |
| **General**   * Punch – Jirugi * Block – Makgi * Kick – Chagi * Stance – Sogi   + Walking stance – Gunnun sogi   + Sitting stance – Annun sogi   + Parallel ready stance – Narani junbi sogi   + Attention stance – Charyot sogi | | **Techniques**   * Middle obverse punch – Kaunde baro jirugi * Middle inner forearm block – Kaunde an palmok makgi * Low outer forearm block – Najunde bakat palmok makgi * Low knife-hand block – Najunde sonkal makgi * Front snap kick – Ap cha busigi * Front rising kick – Ap cha olligi | |
| **Tools**   * Forefist – Ap joomuk * Inner forearm – An palmok * Outer forearm – Bakat palmok * Knife-hand – Sonkal | |
| **Sections**   * Low – Najunde * Middle – Kaunde * High - Nopunde | **Misc**   * Training hall – Dojang * Taekwon-Do suit – Dobok * Belt – Ti | **Commands**   * Attention – Charyot * Bow – Kyong-ye * Ready – Junbi * Start – Si-jak * Stop – Goman | |