

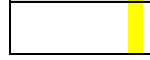
KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 10th Kup – White Belt

Practical

10 Push Ups
Front Rising Kick
Parallel Stance Single Punch
Walking Stance Middle Obverse Punch (Line Work)
Walking Stance Outer Forearm Low Block (Line Work)
Walking Stance Inner Forearm Middle Block (Line Work)
Saju Jirugi (Four Direction Punch)
Saju Makgi (Four Direction Block)



10 Push Ups, Front Rising Kick
Parallel Stance Single Punch



Walking Stance Middle Obverse Punch
Walking Stance Outer Forearm Low Block



Walking Stance Inner Forearm Middle Block
Walking Stance Knife Hand Low Block



Saju Jirugi (Four Direction Punch)



Saju Makgi (Four Direction Block)

Theory

What is Taekwon-Do?

Taekwon-Do is a Korean military martial art, inaugurated on 11th April 1955. Loosely translated it means Foot Fist Art. 'Tae' means to jump, smash or kick with the feet and 'Kwon' to punch, strike with the hand and 'Do' is the way of life or philosophy to live your life by.

Who is the Founder of Taekwon-Do?

Grandmaster General Choi Hong Hi – 9th Degree

Where did Taekwon-Do originate?

Korea

What are the five tenets of Taekwon-Do?

Courtesy, Integrity, Perseverance, Self-control and Indomitable spirit.

What is your Instructors name and grade?

Mr Chris Clarke, 4th Degree

Describe a Walking stance?

The dimensions are one shoulder width in width and one and a half shoulder widths in length. The weight ratio is 50/50. Front foot facing forward, rear foot 25 degrees outward.

Meaning of White Belt

White belt signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

Terminology

General

Attention	Chariot
Bow	Kyong-yi
Ready	Junbi
Training hall	Dojang
Training Suit	Dobok
Belt	Ti
Instructor	Sabum
Student	Jeja
Middle	Kaunde
Low	Najunde
Obverse	Baro

Parts of the body

Forefist	Ap joomuk
Forearm	Palmok
Inner forearm	An palmok
Outer forearm	Bakat palmok

Stances

Attention stance	Chariot sogi
Parallel ready stance	Narani junbi sogi
Walking stance	Gunnun sogi

Attacks

Obverse punch	Baro jirugi
Front Rising Kick	Ap Cha Olligi

Defences

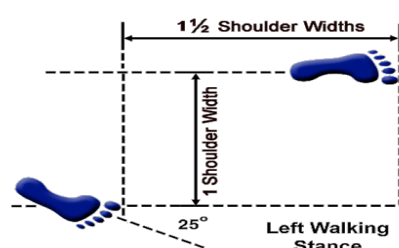
Inner forearm block	An palmok makgi
Outer forearm block	Bakat palmok makgi



Attention Stance



Parallel Stance



Left Walking Stance