

WHITE BELT – 10th KUP

QUESTIONS & ANSWERS

- What does Taekwon-Do literally mean? > The art of hand and foot.
- Who is the father and founder of Taekwon-Do? > General Choi Hong Hi 9th Dan.
- In which country did Taekwon-Do originate? > Korea.
- When was Taekwon-Do officially recognised? > 11th April 1955.
- Who brought Taekwon-Do to the UK? > Grandmaster Rhee Ki Ha, 9th Dan
- What are the 5 tenets of Taekwon-Do? > Courtesy; Integrity; Perseverance; Self control; Indomitable Spirit
- What does a white belt signify? > Innocence - as the beginner who has no previous knowledge of Taekwon-Do.
- What is the title given to a 7th or 8th degree black belt? > Master (Sahyun).
- What is the title given to a 9th degree black belt? > Grand Master (Saseong).
- What is the Korean term for Instructor? > Sabum.
- What are the Korean terms for the following stances? > Charyot Sogi
- Attention Stance > Narani Sogi
- Parallel Stance > Annun Sogi
- Sitting Stance > Gonnun Sogi
- Walking Stance > Nopunde (High); Kaunde (Middle); Najunde (Low).
- Name the 3 sections of the body in Korean.
- What are the Korean terms for the following attacking or defensive tools? > Ap Joomuk
- Forefist > Sonkal
- Knifehand > An Palmok
- Inner Forearm > Bakat Palmok
- Outer Forearm > Ap Kumchi
- Ball of the Foot
- What are the Korean terms for? > Saju Jirugi
- 4 Direction Punch > Saju Makgi
- 4 Direction Block

What are the Korean terms for the following techniques?

- Middle Punch > Kaunde Jirugi
- Outer Forearm Low Block > Bakat Palmok Najunde Makgi
- Knifehand Low Block > Sonkal Najunde Makgi
- Inner Forearm Middle Block > An Palmok Kaunde Makgi
- Outer Forearm High Block > Bakat Palmok Nopunde Makgi
- Outer Forearm Rising Block > Bakat Palmok Chookyo Makgi
- Front Snap Kick > Ap Cha Busigi

What are the definitions of:
a High Block?

- > A high block is when the fist or fingertip reaches the same level of the defender's eyes.

a Middle Block?

- > A middle block is when the fist or fingertip reaches the same level of the defender's shoulder.

a Low Block?

- > A low block is a block that defends against an attack aimed at the lower abdomen or points below

GRADING SYLLABUS

BASIC TECHNIQUES

- 1) Sitting Stance Middle Punch x 10
- 2) Front Snap Kick & Walking Ready Stance Forward x 4, Backward x 4
- 3) Walking Stance Middle Punch Forward x 4, Backward x 4
- 4) Walking Stance Inner Forearm Middle Block Forward x 4, Backward x 4
- 5) Walking Stance Outer Forearm Low Block Forward x 4, Backward x 4
- 6) Walking Stance Outer Forearm High Block Forward x 4, Backward x 4
- 7) Walking Stance Outer Forearm Rising Block Forward x 4, Backward x 4

PATTERNS

- 4 Directional Punch
- 4 Directional Block

THEORY