


REQUIREMENTS FOR 9TH KUP GRADING



White Belt Yellow Stripe










Tip work for juniors is as follows:






Note: Adults can use this as a guide towards preparation for their grading.

 Sitting stance 10 punches. Count to 5 in Korean.

  Walking stance low block and walking stance low block reverse punch.

   Walking stance middle block and walking stance middle block reverse.

    4 Direction Punch (both directions) - Saju Jirugi.

     4 Direction Block (both directions) - Saju Makgi and pad routine No 1.

The grading will be as follows:

- Presentation and etiquette
- 10 Star Jumps, 10 Press ups and 10 Leg rising exercises on each leg.
- Walking stance low block forwards and backwards
- Walking stance low block reverse punch forwards and backwards
- Patterns
- Walking stance middle block reverse punch forwards and backwards
- Four Direction Punch (both directions) - Saju Jirugi
- Four Direction Block (both directions) - Saju Makgi
- Pad routine No 1
- Guarding stance – Jab, Cross, Jab – Left Right Left
- Theory Questions

The following questions will need to be learned before progressing.

- ❖ What is the name of the training suit?
 - *Dobok*
- ❖ What is the name of the training hall?
 - *Dojang*
- ❖ What are the five tenets of TaeKwon-Do?
 - Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit
- ❖ Meaning of TaeKwon-Do?
 - *Tae* means foot, *Kwon* means hand and *Do* means art or way of life.
- ❖ Instructors name and grade
 - Master Peter Whitehead 7th Degree.
- ❖ What does the white belt signify?
 - White Belt signifies innocence, that of a beginning student who has no previous knowledge of TaeKwon-Do.
- ❖ Name 2 parts of your hand?
 - *Ap Joomuk* (first two knuckles) *Sonkal* (Knife hand).

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- ❖ Identify the following parts of the arm.
 - Inner Forearm - *Ap Palmok*
 - Outer Forearm - *Bakat Palmok*
- ❖ Name 4 Stances?
 - Attention Stance – *Charriot Sogi*.
 - Parrell Stance - *Narani Sogi*.
 - Sitting Stance - *Annon Sogi*.
 - Walking stance - *Gunnan Sogi*.