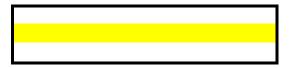
### REQUIREMENTS FOR 9<sup>TH</sup> KUP GRADING

#### 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.
Walking stance middle block (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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# **REQUIREMENTS FOR 9<sup>TH</sup> KUP GRADING**

- 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.