



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION

10TH KUP – WHITE BELT

PRACTICAL

Sitting stance: 10 single punches
 Walking stance: Front rising kick
 10 Press ups
 4 direction punch
 Walking ready stance

Walking stance: Obverse punch
 Walking stance: Middle block
 Walking stance: Low block
 Walking stance: Middle block & Reverse punch

MEANING OF TAE KWON-DO

TAE – means foot or to jump, kick or smash with a foot

KWON – fist or to punch or destroy with hand or fist

DO – “art” or “way of”

TENETS of TAE KWON-DO

Courtesy, Integrity, Perseverance, Self control, Indomitable Spirit

MEANING OF THE COLOUR WHITE

Signifies innocence, as that of a beginner student who has no previous knowledge of Tae Kwon-Do

TERMINOLOGY

Attention stance	Charyot Sogi
Parallel Ready stance	Narani Chunbi Sogi
Sitting Stance	Annun Sogi (1½ - 2 shl w wide & 50/50 wgt)
Walking Stance	Gunnun Sogi (1½ - 2 shl w long, 1 shl w wide & 50/50 wgt)
Walking Ready Stance	Gunnun Chunbi Sogi
Inner Forearm	An Palmok
Outer Forearm	Bakat Palmok
Block	Magki
Stance	Sogi
Low Section	Najunde
Middle Section	Kaunde
High section	Nopunde
4 Direction Punch Exercise	Saju Jirugi
Front Rising Kick	Ap Cha Olligi
Front Snap Kick	Ap Cha Busigi

- FOR REFERENCE -

Instructor	Sabum	Attention	Charyot
Training Uniform	Dobok	Bow	Kyong Ye
Training Hall	Dojang		
Belt	Ti		

- Your Instructors Name is: Ask.
- The Founder of Tae Kwon-Do – General Choi Hong Hi 9th Dan
- Tae Kwon-Do was officially recognised on 11th April 1955, Introduced into the United Kingdom in 1967.
- The Tae Kwon-Do Association of Great Britain (TAGB) was founded in 1983.
- The Chairman of the TAGB – Mr David Oliver 7th Dan.