

TAEKWONDO 10th KUP – WHITE BELT

GRADING INFORMATION

PRACTICAL

Name called – walk to designated position on floor.

Attention – Bow

Give your name, followed by grade (your grade is 10th KUP)

10 press ups

Sitting stance – 10 punches

Right leg back-walking stance front leg raise exercise (then ‘change’ to opposite leg)

Stepping backwards with left leg in walking stance – Low block (X5)

Stepping forwards –walking stance – single punch (X5)

Stepping backwards –walking stance – Middle block/reverse punch

4 Directional punching

No 1 (Low block) step forward with right leg – walking stance – punch

No 1 Opposite direction (Low block) step forward with left leg – punch

No 2 (Middle block) step forward with right leg –walking stance-punch

No 2 Opposite direction (Middle block) step forward with left leg – punch

Attention Bow

(Move to adjacent Table)

THEORY

You will be ask any 3 questions from the following 8.

THEORY - 10TH KUP / WHITE BELT

NAME OF TRAINING SUIT DOBOK

NAME OF TRAINING HALL DOJANG

INSTRUCTORS NAME / GRADE MR PHIL THOMAS – 4th DEGREE

TENETS: COURTESY, INTEGRITY, PERSEVERANCE, SELF CONTROL, INDOMNITABLE SPIRIT.

SHOW STRIKING PART OF FIST (NAME) AP JOOMUK

MEANING OF WHITE BELT: WHITE SIGNIFIES INNOCENCE, AS THAT OF A BEGINNING STUDENT,
WHOM HAS NO PREVIOUS KNOWLEDGE OF TAEKWONDO

T.K.D - COUNTRY OF ORIGIN KOREA

KOREAN TERM FOR 4 DIRECTIONAL PUNCHING

SAJO JIRUGI

www.tagb.net - instructor@tagb.net

© Phil Thomas - Taekwondo