

10TH KUP GRADING REQUIREMENTS

Physical Performance:	
Punching	Moving left leg into sitting stance and extending left fist: 10 single punches, counting.
Push ups	10 Push-ups using fore-fist, counting. <i>Women and under 16's, palms.</i>
Four Direction Punch	Four-direction punching, commencing with right walking stance, using low section outer forearm block and middle section obverse punch (shouting on completion).
Basic Movements Forward	Moving forwards in walking stance with middle section punch (4 times).
Combination Movements Backward	Moving Backwards in walking stance with middle section inner forearm outward block (4 times).

Theory:																						
1	Founder of Taekwon-do (Taekwon-do Chang Si Ja) General Choi Hong Hi (1918 – 2002). (<i>pronounced CHAY HONG HEE</i>)																					
2	Instructors Name & Rank: You must know your Instructors Name & Rank																					
3	Taekwon-do was founded on: 11th April 1955.																					
4	Taekwon-Do means: The art of hand and foot fighting. Tae: To break or destroy with the foot Kwon: To break or destroy with the hand Do: Art of																					
5	Counting using terminology: <table style="width: 100%; border: none;"> <tr> <td>1 – Hana</td> <td>6 – Yusut</td> <td>11 – Yaul-Hana</td> <td>16 – Yaul-Yusut</td> <td rowspan="5" style="vertical-align: top;">The Word for 30 is Soran. <i>To continue counting ask instructor.</i></td> </tr> <tr> <td>2 – Dool</td> <td>7 – Ilgop</td> <td>12 – Yaul-Dool</td> <td>17 – Yaul-Ilgop</td> </tr> <tr> <td>3 – Set</td> <td>8 – Yaudul</td> <td>13 – Yaul-Set</td> <td>18 – Yaul-Yaudul</td> </tr> <tr> <td>4 – Net</td> <td>9 – Ahop</td> <td>14 – Yaul-Net</td> <td>19 – Yaul-Ahop</td> </tr> <tr> <td>5 – Tasut</td> <td>10 – Yaul</td> <td>15 – Yaul-Tasut</td> <td>20 – Sumul</td> </tr> </table>	1 – Hana	6 – Yusut	11 – Yaul-Hana	16 – Yaul-Yusut	The Word for 30 is Soran. <i>To continue counting ask instructor.</i>	2 – Dool	7 – Ilgop	12 – Yaul-Dool	17 – Yaul-Ilgop	3 – Set	8 – Yaudul	13 – Yaul-Set	18 – Yaul-Yaudul	4 – Net	9 – Ahop	14 – Yaul-Net	19 – Yaul-Ahop	5 – Tasut	10 – Yaul	15 – Yaul-Tasut	20 – Sumul
1 – Hana	6 – Yusut	11 – Yaul-Hana	16 – Yaul-Yusut	The Word for 30 is Soran. <i>To continue counting ask instructor.</i>																		
2 – Dool	7 – Ilgop	12 – Yaul-Dool	17 – Yaul-Ilgop																			
3 – Set	8 – Yaudul	13 – Yaul-Set	18 – Yaul-Yaudul																			
4 – Net	9 – Ahop	14 – Yaul-Net	19 – Yaul-Ahop																			
5 – Tasut	10 – Yaul	15 – Yaul-Tasut	20 – Sumul																			
6	Meaning of colour white: Innocence, as that of the beginner who has no previous knowledge of Taekwon-do. <i>There are 10 Kup grades (colour belt) in Taekwon-do. Kup grades rise from 10th (most junior) to 1st (most senior). There are 9 Dan grades (black belt). Dan grades rise from 1st (lowest) to 9th (highest). A dan holder's rank is indicated by a roman numeral embroidered on their belt.</i>																					

Theory: (Continued)				
7	Terminology for			
	Left: Wen	Right: Orun	Obverse Baro	Reverse: Bandae
8	5 Tenet's of Tae Kwon-Do			
	Courtesy: Ye Ui	Integrity: Yom Chi	Perseverance: In Nae	Self Control: Guk Gi
	Indomitable Spirit: Baekjul Boolgool			
9	Terminology for :			
	Fore-fist: Ap Joomok	Inner forearm: An Palmok	Outer Forearm: Bakat Palmok.	
10	Punching: Jirugi. - Both fists should aim for one target, central to both shoulders - Middle section punch is shoulder height.			
11	4 Direction punch: Saju Jirugi. - Saju Jirugi is <u>not</u> a pattern. It is just a sequence of fundamental movements.			
12	Blocking: Makgi. Middle section inner forearm block: Kaunde An Palmok Makgi (Blocking arm starts from UNDER the reaction hand) Low section outer forearm block Najunde Bakat Palmok Makgi (Blocking arm starts from ABOVE the reaction hand)			
13	Training Hall: Dojang. Training Suit: Dobok.			
14	Country of Origin: Taekwon-do comes from Korea . All Taekwon-do terminology is derived from the Korean language.			
15	Student Oath: I shall observe the tenets of Taekwon-do I respect the Instructor and seniors I shall never misuse Taekwon-do I shall be a champion of freedom and justice I shall build a more peaceful world <i>The oath is recited at the start of official events such as grading examinations, seminars etc.</i>			

BASIC STANCES

Charyot Sogi (Attention Stance)

Feet are turned **outward** to form an angle of 45°.
Heels touch.
Soles of both feet are flat on the ground.



Narani Sogi (Parallel Stance)

Length: None.
Width: 1 shoulder wide.
 (Measurement is take from the footswords of both feet)

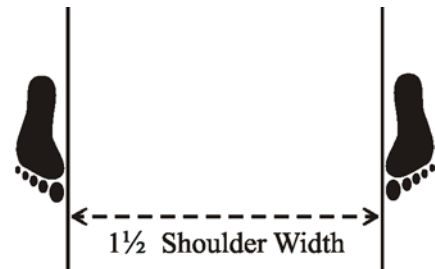
Soles of both feet are flat on the ground.



Annun Sogi (Sitting Stance)

Length: None
Width: 1½ shoulders wide.
 (Measurement is taken from the reverse footswords of BOTH feet which are formed parallel to each other)
Weight: 50% **Weight** is distributed on the left leg.
 50% **Weight** is distributed on the right leg.

Knees of both legs are opened outwards and bending until the kneecaps are over the ball of each foot.
Soles of both feet are flat on the ground.



Gunnun Sogi (Walking Stance)

Length: 1½ shoulders wide.
 (Measurement is taken from the tips of the toes of BOTH feet)
Width: 1 shoulder wide.
 (Measurement is take from the centre of the instep of one foot to the centre of the instep of the other)
Weight: 50% **Weight** is distributed on the front leg.
 50% **Weight** is distributed on the rear leg.

Toes of the front foot are turned at an angle of 15° inwards.
Toes of the rear foot are turned at an angle of 25° outwards.
Knee of the front leg is **bent**, until the kneecap forms a vertical line with the heel.
Knee of the rear leg is **locked**.
Soles of both feet are flat on the ground.
Front leg indicates whether it is a right or left Walking Stance.

