**10TH KUP WHITE BELT THEORY**

Tae Kwon-Do comes from Korea.

Literally translated Tae Kwon-Do means 'Foot Fist Art'.

Founded in 1955 by Major General Choi Hong Hi

Introduced to UK in 1967

Instructors are Mr P Lolley and Miss L Kent

**The five TENETS of Tae Kwon-Do are:-**

Courtesy   
Integrity  
Perseverance   
Self-Control  
Indomitable Spirit  
  
If you are not sure what any of these words mean, Please ask your instructor.

**COUNTING TO TEN IN KOREAN**

One - HANNA   
Two - DOOL   
Three - SETH   
Four - NETH   
Five - DASAUL   
Six - YOSAUL   
Seven - ILGOP   
Eight - YODOLL   
Nine - AHOP   
Ten - YOLL   
  
Your GRADE as a beginner is 10th KUP. If you pass your first grading you will be promoted to 9th KUP.   
  
**BELT COLOURS** carry significance in Tae Kwon-Do.   
  
WHITE signifies innocence, as that of the beginning student who has no previous knowledge of Tae Kwon-Do.   
  
YELLOW signifies earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.   
  
BASIC KOREAN TERMINOLOGY GENERAL TERMS

Training Hall - DOJANG   
Training Suit - DOBOK   
Belt - TI   
Instructor – SABUM  
Student - JEJA

STANCES (SOGI)   
Attention Stance - CHARYOT SOGI   
Parallel Ready Stance - NARANI CHUNBI SOGI   
Sitting Stance - ANNUN SOGI   
Walking Stance - GUNNUN SOGI

COMMANDS   
Ready - CHUNBI   
Start - SI-JAK   
Stop - GOMAN   
Return to Ready Stance - BARROL   
  
PARTS OF THE BODY SECTIONS:-  
Low - NAJUNDE   
Middle - KAUNDE   
High - NOPUNDE   
Forefist - AP JOOMUK   
Forearm - PALMOK   
Ball of Foot - AP KUMCHI   
Foot Sword - BALKAL   
  
PUNCHES (JIRUGI)   
Obverse Punch - BARO JIRUGI   
Reverse Punch - BANDAE JIRUGI   
  
BLOCKS (MAKGI)   
Inner Forearm Block - AN PALMOK MAKGI   
Outer Forearm Block - BAKAT PALMOK MAKGI  
  
KICKS (CHAGI)   
Front Rising Kick - AP CHA OLLIGI   
Front Kick - AP CHAGI   
Side Kick - YOP CHAGI   
Turning Kick - DOLLYO CHAGI   
  
EXERCISE   
  
4 Directional Punch & Block - SAJO JIRUGI   
  
At gradings always call the examiner Sir or Ma’am.

He/she could ask you individual questions such as:-   
Why did you start Tae Kwon-Do?   
What do you like best about Tae Kwon-Do?   
What is your favourite technique?   
  
These questions have no 'wrong' answer because they will be about you. If you have any questions about you training please do not hesitate to ask your instructor. He/she will be glad to help.