**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.