

## South Midlands Tae Kwon-Do

### **GRADING INFORMATION – 10<sup>th</sup> K UP / WHITE BELT** **Practical Grading Required**

10 - Press ups  
Front Rising Kick  
Four Directional Punching  
Sitting Stance - Front Punch  
Walking Stance - Middle Punch  
Walking Stance - Low Block Reverse Punch  
Walking Stance - Middle Block Reverse Punch

### **Theory Study Required**

#### **Meaning of White Belt**

White signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon-Do.

#### **The Five Tenets of Tae Kwon-Do**

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

### **Korean Terminology Study Required**

Foot - Fist - Art Tae Kwon-Do  
Attention stance Charyot sogi  
Sitting stance Annun sogi  
Walking stance Gunnun sogi  
Parallel ready stance Narani junbi sogi  
Middle block Kaunde makgi  
Low block Najunde makgi  
Inner forearm An palmok  
Outer forearm Bakat palmok  
Forefist punch Ap joomuk jirugi  
Front rising kick (exercise) Apcha olligi  
4 directional punching Sajo jirugi  
Training hall Dojang  
Training suit Dobok  
Bow Kyong ye

( Variations of the grading format are at the examiners discretion, this sheet is for guidance only)