

White belt / 10th Kup - Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

Practical

Sitting stance - Single punch
 Front rising kick exercise
 10 Press Ups
 Sajo Jirugi (4 directional punching)
 Walking Stance - Middle section punch (forwards & backwards)
 Walking stance - Low block reverse punch (forwards & backwards)
 Walking stance - Middle block reverse punch (forwards & backwards)

Theory

Meaning Of White Belt

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

Tenets

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit

Korean Terms

01 (one)	Hanna
02 (two)	Dool
03 (three)	Seth
04 (four)	Neth
05 (five)	Dasaul
06 (six)	Yosaul
07 (seven)	Ilgop
08 (eight)	Yodoll
09 (nine)	Ahop
10 (ten)	Yoll
About turn	Dwiyro Torro
Attention	Charyot
Attention Stance	Charyot Sogi
Backwards	Dwiyro Kaggi
Belt	Ti
Bow	Kyong Ye
Dismiss	Haessan
Foot-Fist-Art	Tae Kwon-Do
Forearm	Palmok
Forefist	Ap Joomuk
Four Directional Punch	Sajo Jirugi
Fowards	Apro Kaggi
Front Rising Kick	Ap Chaolligi
High Section	Nopunde
Inner Forearm	An Palmok
Inner forearm block	An palmok makgi
Instructor	Sabum
Low Section	Najunde
Middle Section	Kaunde
Obverse punch	Baro jirugi
Outer Forearm	Bakat Palmok
Outer forearm block	Bakat palmok makgi

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Parallel stance	Narani sogi
Ready	Chunbi
Return to ready stance	Barrol
Reverse punch	Bandae jirugi
Side rising kick	Yop chaolligi
Sitting Stance	Annun Sogi
Start	Si-jak
Stop	Goman
Student	Jeja
Training Hall	Dojang
Training Suit	Dobok
Walking Stance	Gunnun Sogi

Sajo-Jirugi No1

Number of Movements: 15

Meaning of Sajo-Jirugi No1:

Four directional punch

Starting Position: Parallel ready stance

1. Move right foot forward towards A to form right walking stance, perform obverse mid-section punch
2. Bring right foot back to left then move right foot back to form left walking stance towards B, perform obverse low section outer forearm block
3. Move right foot forward towards B to form right walking stance, perform obverse mid-section punch
4. Bring right foot back to left then move right foot back to form left walking stance towards C, perform obverse low section outer forearm block
5. Move right foot forwards towards C to form right walking stance, perform obverse mid-section punch
6. Bring right foot back to left then move right foot back to form left walking stance towards D, perform obverse low section outer forearm block
7. Move right foot forward towards D to form right walking stance, perform obverse mid-section punch
8. Bring right foot back to parallel ready stance towards A
9. Move left foot towards A to form left walking stance, perform obverse mid-section punch
10. Bring left foot back to right, then move left foot back to form right walking stance towards D, perform obverse low section outer forearm block
11. Move left foot towards D to form left walking stance, perform obverse mid-section punch
12. Bring left foot back to right then move left foot back to form right walking stance towards C, perform obverse low section outer forearm block
13. Move left foot towards C to form left walking stance, perform obverse mid-section punch
14. Bring left foot back to right then move left foot back to form right walking stance towards B, perform obverse low section outer forearm block
15. Move left foot towards section B to form left walking stance, perform obverse mid-section punch

End: Bring left foot back to parallel ready stance

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Sajo-Jirugi No2

Number of Movements: 15

Meaning of Sajo-Jirugi No2:

Four directional punch

Starting Position: Parallel ready stance

1. Move right foot forward towards A to form right walking stance, perform obverse mid-section punch
2. Bring right foot back to left then move right foot back to form left walking stance towards B, perform obverse middle inner forearm block
3. Move right foot forward towards B to form right walking stance, perform obverse mid-section punch
4. Bring right foot back to left then move right foot back to form left walking stance towards C, perform obverse middle inner forearm block
5. Move right foot forwards towards C to form right walking stance, perform obverse mid-section punch
6. Bring right foot back to left then move right foot back to form left walking stance towards D, perform obverse middle inner forearm block
7. Move right foot forward towards D to form right walking stance, perform obverse mid-section punch
8. Bring right foot back to parallel ready stance towards A
9. Move left foot towards A to form left walking stance, perform obverse mid-section punch
10. Bring left foot back to right, then move left foot back to form right walking stance towards D, perform obverse middle inner forearm block
11. Move left foot towards D to form left walking stance, perform obverse mid-section punch
12. Bring left foot back to right then move left foot back to form right walking stance towards C, perform obverse middle inner forearm block
13. Move left foot towards C to form left walking stance, perform obverse mid-section punch
14. Bring left foot back to right then move left foot back to form right walking stance towards B, perform obverse middle inner forearm block
15. Move left foot towards section B to form left walking stance, perform obverse mid-section punch

End: Bring left foot back to parallel ready stance