



Grading Syllabus

10th Kup White Belt

To

9th Kup Yellow Tag





White Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Taekwon-Do literally means "The way of hand and foot" or "The art of hand and foot fighting".

Tae means foot

Kwon means hand

Do means art or way

Taekwon-Do is the Korean art of self-defence, developed from a number of Korean arts including Soo Bak and Taek Kyon; these date back over two thousand years. It became perfected in its present form by Major General Choi Hong Hi (9th Dan) and has been developed and modernised since its introduction to the world on 11th April 1955.

Where did Taekwon-Do originate? South Korea

The International Taekwon-Do Federation
(ITF) Oath:

I shall observe the tenets of Taekwon-Do
I shall 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.

What are the 5 tenets of Taekwon-Do?

Courtesy	Yae i
Integrity	Yom chi
Perseverance	In nae
Self-control	Guk gi
Indomitable spirit	Beakjul boolgool

What is the name of your instructor? _____

What grade is your instructor? _____

Students must know the following to be eligible to grade

White belt colour meaning: White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

Yellow belt colour meaning: Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Pattern: There is no pattern for beginners. For your grading, you must perform Saju Jirugi and Saju Makgi. These are classed as exercises, not as patterns.

White Belt Theory & Terminology (cont'd)

At each grading the student will be given a multiple-choice question sheet where they will have to pick the correct answer. The questions will be based on the theory for the grade they are working towards and will count towards their grading score and result. Students aged 9 or under will have their questions read to them by one of the Black Belts to help them through their initial gradings.

Block	Makgi
Punch	Jirugi
Kick	Chagi
Strike	Taerigi
High section	Nopunde
Middle section	Kaunde
Low section	Najunde
Stance	Sogi
Attention	Charyot
Bow	Kyong ye
Instructor	Sabum
Student	Jeja
Training hall	Dojang
Training suit	Dobok
Belt	Ti
One	Hana
Two	Dool
Three	Set
Four	Net
Five	Tasut

General Theory & Terminology

The following are not required to be learnt for the initial grading; however, they will be needed as the student progresses and you do need to know them all.

Outer forearm low block	Bakat palmok najunde makgi
Inner forearm middle block	An palmok kaunde makgi
Front rising kick	Ap cha olligi
Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi
Knife-hand side strike	Sonkal yop taerigi
Walking stance	Gunnun sogi
Walking ready stance	Gunnun junbi sogi
L-stance	Niunja sogi
Sitting stance	Annun sogi
Parallel ready stance	Narani junbi sogi
Low knife-hand block	Sonkal najunde makgi
Start	Sijak
Stop	Guman
Ready	Junbi
Return (to the ready position)	Baro

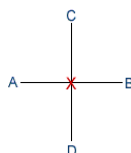
White Belt Theory & Terminology (cont'd)

Six	Yasut
Seven	Ilgop
Eight	Yodul
Nine	Ahop
Ten	Yol

4 Directional Punching – Saju Jirugi

Ready stance: Parallel ready stance with the left arm raised to the front with a closed fist, right hand on belt.

Diagram:



The instructions for this exercise assume that the student is standing on line AB and facing D.

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

End of right side: bring the right foot back to form a parallel ready stance facing D with the right arm raised to the front with a closed fist, left hand on belt.

8. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
9. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right forearm.
10. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
11. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right forearm.
12. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.

Cont/...

4 Directional Punching – Saju Jirugi (cont'd)

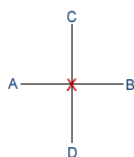
13. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right forearm.
14. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.

After the final move, the student should kihap. The final move and stance are held until the command “baro” is given; at this point the left leg is moved to form a parallel ready stance facing D.

4 Directional Blocking – Saju Makgi

Ready stance: Parallel ready stance.

Diagram:



The instructions for this exercise assume that the student is standing on line AB and facing D.

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
2. Move the right foot to D forming a right walking stance toward D while executing a middle block to D with the right inner forearm.
3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
4. Move the right foot to B forming a right walking stance toward B while executing a middle block to B with the right inner forearm.
5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
6. Move the right foot to C forming a right walking stance toward C while executing a middle block to C with the right inner forearm.
7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
8. Move the right foot to A forming a right walking stance toward A while executing a middle block to A with the right inner forearm.

End of right side: bring the right foot back to form a parallel ready stance facing D.

9. Move the left foot to C forming a right walking stance toward D while executing a low block to D with the right knife-hand.
10. Move the left foot to D forming a left walking stance toward D while executing a middle block to D with the left inner forearm.
11. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right knife-hand.
12. Move the left foot to B forming a left walking stance toward B while executing a middle block to B with the left inner forearm.
13. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right knife-hand.

Cont/...

4 Directional Blocking – Saju Makgi (cont'd)

14. Move the left foot to C forming a left walking stance toward C while executing a middle block to C with the left inner forearm.
15. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right knife-hand.
16. Move the left foot to A forming a left walking stance toward A while executing a middle block to A with the left inner forearm.

After the final move, the student should hold the position until the command “baro” is given; at this point the left leg is moved to form a parallel ready stance facing D. There is no kihap at the end of Saju Maki.

Three Step Sparring – Sambo Matsoki

- Start:** Both students in attention stance.
- Measure:** The attacker measures a right walking stance with their foot to the outside of their opponent's foot and then returns to attention stance.
- Start Positions:** When the command “Junbi” is given the students move into the following stances:
- Attacker (A)** Move right leg back to form a left walking stance, outer forearm low block. The attacker then kihaps to show they are ready (juniors may say “ready to attack”)
- Defender (D)** Parallel ready stance. The defender then kihaps to show they are ready (juniors may say “ready to defend”)

The Attack

All attacks for 3 Step Sparring are all the same

Step 1	Step 2	Step3	Grade
Step forward into right walking stance Obverse middle punch (RH)	Step forward into left walking stance Obverse middle punch (LH)	Step forward into right walking stance Obverse middle punch (RH)	10 th Kup – White Belt To 6 th Kup – Green Belt

Three Step Sparring - The Defences

Number	Step 1	Step 2	Step 3	Step 4	Grade
1	Step right leg back into a left walking stance Middle block (LH)	Step left leg back into a right walking stance Middle block (RH)	Step right leg back into a left walking stance Middle block (LH)	Stay in same stance Middle section reverse punch (RH)	10 th Kup White Belt
2	Step left leg back into left L-stance Middle block (RH)	Step right leg back into right L-stance Middle block (LH)	Step left leg back into left L-stance Middle block (RH)	Step left leg forward at 45° angle, move right foot to form a left L-stance to the outside of attacker's foot High section knife-hand strike to neck with right hand	10th Kup White Belt

Grading Check List

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

Know the meaning of the belt colours detailed in this syllabus	
Know the Korean theory detailed in this syllabus	
There will be a multiple-choice theory test with 5 questions which will be held before the practical grading	
Attention stance	
Raise right hand, state name and grade (loud and clear)	
Parallel ready stance	
Sitting stance, 10 single punches (counting in Korean)	
Walking ready stance, front rising kick, double block	
10 Press Ups	
Walking stance, obverse middle punch	
Walking stance, reverse middle punch	
Walking stance, low block, reverse punch	
Walking stance, middle block, reverse punch	
4 Directional Punching (Saju Jirugi) – low block, middle punch	
4 Directional Block (Saju Makgi) – low knife-hand block, middle block	
Three step sparring no's 1 - 2	

To be eligible to grade, you must be able to tell one of the instructors or senior Black Belts the meaning of the belt colours shown in the theory section of this syllabus. When you can do this, you will be given a grading slip to complete and return with your grading fees.