



## WHITE BELT 10 th KUP GRADE ( FOR YELLOW TAG )

SYLLABUS 10th KUP

### PRACTICAL TEST

**Sitting Stance Middle Front Punch**

**10 Push Ups, Counting Out In Korean**

**Walking Stance Front Rising Kick**

**Walking Stance Front Snap Kick**

**Walking Stance Middle Obverse Punch**

**Walking Stance Middle Inner Forearm Block**

**Walking Stance Low Outer Forearm Block**

**Walking Stance Low Knife Hand Block**

**Combination – Inner Forearm Block – Reverse Punch**

### KOREAN TERMONOLOGY

Annun So Kaunde Ap Jirugi

Yul Momtong Bashia

Gunnun So Ap Chaolligi

Gunnun So Ap Chabushigi

Gunnun So Kaunde Baro Jirugi

Gunnun So An Palmok Makgi

Gunnun So Najunde Bakat  
Palmok Makgi

Gunnun So Najunde Sonkal Block

### PATTERNS / FUNDAMENTAL EXERCISES

- **Saju Jirugi** - 4 Directional Punch ( 14 Movements )
- **Saju Makgi** - 4 Directional Block ( 16 Movements )

### STANCES

**Demonstrate the followings :**

- **Parallel Ready Stance** - Narani Junbi Sogi ( Junbi for short )
- **Attention Stance** - Charyot Sogi
- **Bow** - Kyong - Ye
- **Sitting Stance** - Annun Sogi



SYLLABUS 10th KUP

## THEORY TEST AS FOLLOWS:

What does Tae kwon do mean ?	Tae is foot – Kwon is hand – Do is art
Which country did Tae Kwon-do come from ?	Korea
Who is the founder of tae kwon do ?	General Choi Hong Hi , 9 th Degree black belt
What does ITF stand for ?	International Tae kwon do Federation
What is the highest Grade in Taekwon-do ?	9 th Dan Black belt , Grand Master
How high should your fist be in a middle punch or block ?	At shoulder level
How high should your fist be in the high punch or block ?	At eye level
The year the ITF was found	11 April 1966
The five Tenets of Tae kwon do ?	Courtesy – Integrity – Perseverance – Self control – Indomitable Spirit
Low, Middle, High Section	Najunde, Kaunde, Nopunde

## COUNTING IN KOREAN:

**One** (Hanna) - **Two** (Dool) - **Three** (Set) - **Four** (Net) - **Five** (Dasul)  
**Six** - (Yasul) - **Seven** (Ilgop) - **Eight** (Yodul) - **Nine** (Ahop) - **Ten** (Yul)

## THE MEANING OF WHITE BELT

\* White belt signifies the innocence of the beginner **who has no previous knowledge of Taekwon-Do**