



Grading Information 10th KUP White Belt

Practical

Sitting Stance, Single Punch

Front Raising Kick (Apcha Olligi)

10 Press Ups

Saju Jirugi (4 Directional Punching and Blocking)

Line Work:

Forwards in walking stance middle section punch

Backwards in walking stance middle section block

Forwards in walking stance middle section block reverse punch combination

Backwards in walking stance low section block

Theory

Meaning of White Belt

The meaning of white belt signifies innocence, as that of a beginning student who has no knowledge of Tae Kwon Do.

The 5 Tenets of Tae Kwon Do

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

English to Korean Translation

English

Foot Fist Art

High

Middle

Low

Attention Stance

Parallel Ready Stance

Sitting Stance

Walking Stance

Middle Section Inner Forearm Block

Low Section Outer Forearm Block

Forefist Punch

Forefist Obverse Punch

Forefist Reverse Punch

Korean

Tae Kwon Do

Nopunde

Kaunde

Najunde

Charyot Sogi

Narani Junbi Sogi

Annun Sogi

Gunnum Sogi

Kaunde an Polmak Makgi

Najunde Bakat Polmak Makgi

Ap Joomak Jirugi

Ap Joomak Bara Jirugi

Ap Joomak Bandae Jirugi