



Brownhills Tae Kwon Do Tigers

10th KUP White Belt Grading Sheet

Practical

Line up in front of the Master in attention stance

Come to attention and bow

Say your name then 10th KUP Sir holding up your right hand.

Sitting stance 10 punches.

10 press ups.

Leg raise exercise 5 times each leg in walking stance.

Low block pattern to the count.

Linework

Forwards in walking stance middle section punch

Backwards in walking stance middle section block

Forwards in walking stance middle section punch

Backwards in walking stance low section block

Questions

What does Tae Kwon Do Mean?

Name 3 Stances?

What is "Stance" in Korean?

What is "Block" in Korean?

What is "Punch" in Korean?

What is the name of the training hall?

Answers

Foot Fist Art

Walking stance, Sitting Stance & Ready Stance

Sogi, (Soggy)

Makgi, (Mackie)

Jirugi, (Jer-oo-gee)

Dojang, (Doe-jang)

REMEMBER!!!

No talking in line or at the back of the Dojang while the grading is taking place.

No running around before the grading, just practice.

Call your Instructor, Master or any other black belts Sir for males and Mamm for females.

When leaving the Dojang make sure to bow at the door and leave quietly.