

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 10th Kup – White Belt

Practical

10 Push Ups

Front Rising Kick

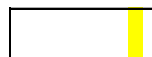
Parallel Stance Single Punch

Walking Stance Middle Obverse Punch (Line Work)

Walking Stance Outer Forearm Low Block (Line Work)

Walking Stance Inner Forearm Middle Block (Line Work)

Saju Jirugi (Four Direction Punch) **Saju Makgi** (Four Direction Block)



10 Push Ups, Front Rising Kick
Parallel Stance Single Punch



Walking Stance Middle Obverse Punch
Walking Stance Outer Forearm Low Block



Walking Stance Inner Forearm Middle Block
Walking Stance Knife Hand Low Block



Saju Jirugi (Four Direction Punch)



Saju Makgi (Four Direction Block)

Theory

What is Taekwon-Do?

Taekwon-Do is a Korean military martial art, inaugurated on 11th April 1955. Loosely translated it means Foot Fist Art. 'Tae' means to jump, smash or kick with the feet and 'Kwon' to punch, strike with the hand and 'Do' is the way of life or philosophy to live your life by.

Who is the Founder of Taekwon-Do?

Grandmaster General Choi Hong Hi – 9th Degree

Where did Taekwon-Do originate?

Korea

What are the five tenets of Taekwon-Do?

Courtesy, Integrity, Perseverance, Self-control and Indomitable spirit.

What is your Instructor's name and grade?

Mr Chris Clarke, 5th Degree

Describe a Walking stance?

The dimensions are one shoulder width in width and one and a half shoulder widths in length. The weight ratio is 50/50. Front foot facing forward, rear foot 25 degrees outward.

Meaning of White Belt

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

Terminology

General

Attention

Bow

Ready

Training hall

Training Suit

Belt

Instructor

Student

Middle

Low

Obverse

Chariot

Kyong-yi

Junbi

Dojang

Dobok

Ti

Sabum

Jeja

Kaunde

Najunde

Baro

Parts of the body

Forefist

Forearm

Inner forearm

Outer forearm

Ap joomuk

Palmok

An palmok

Bakat palmok

Stances

Attention stance

Parallel ready stance

Walking stance

Chariot sogi

Narani junbi sogi

Gunnun sogi

Attacks

Obverse punch

Front Rising Kick

Baro jirugi

Ap Cha Olligi

Defences

Inner forearm block

Outer forearm block

An palmok makgi

Bakat palmok makgi



Attention Stance



Parallel Stance

