

10th Kup - Grading to Yellow Stripe

Line Work:

- Sitting Stance single punch
- Moving forwards: Walking stance middle punch
- Moving Backwards: Walking stance low block

Physical Conditioning:

- Perform 10 push ups, sit ups, squats & burpees + 30 sec plank

Pad Work 1: *(see full technique explanations - Page 26)*

- Jab>Cross (in sparring stance) on Focus Mitts
- Front Kick on kick shields (*attacking tool – ball of foot*)

Sparring:

- 141 (encouraged to use jab/cross + front kick combination)

Patterns:

- *4 Directional Punching Exercise (with Low Block) – Saja Jirugi*

Pre-arranged Sparring: *3-step No.1 (full technical explanation -Page 33)*

- **Attack** – *Executing low punch (to the belt knot) in walking stance*
- **Defence** – *Outer Forearm low block in walking stance*

Self Defence: *(full technical explanation -Page 30)*

- **Attack:** Straight Punch/Push/Grab with the right hand.
- **Defence:** In a right-hand Fighting stance (high guard), execute left-hand parry whilst placing right hand on opponent's tricep to trap their right arm, and then walk through to escape.

This is taught to introduce the knowledge/skill but not assessed in the first grading

Theory: You will be asked a range of questions from those listed below. Young children may learn just key words.

History/Culture:

- What does Taekwondo mean? *The way or the art of the hand and foot*
- Who founded Taekwondo? *Major General Choi* Hong Hi 9th Degree*
- Where does Taekwondo originate from? *Korea*
- When was Taekwondo officially named? *11th April 1955*

- **Belt Meaning – White:** *The colour white signifies the beginner's innocence having no previous knowledge of Taekwondo.*

Korean Terminology: Name the following techniques in Korean

- Walking Stance: *Gunnun Sogi*
- Sitting Stance: *Annun Sogi*
- Front Punch: *Ap Joomuk*
- [Outer Forearm] Low Block: *[Bakat Palmok] Najunde Maki*
- Front Kick: *Ap Chagi*

** Choi is Pronounced "Shoy"*

Standards in Presentation and Etiquette: Since TKD has traditional roots stemming from the Korean military there is an expectation that those traditions and standards are carried on throughout your TKD journey. All students will therefore be assessed on presentation and etiquette in every grading they attend. This means wearing a clean, well-pressed dobok with smartly-tied belt, as well as showing appropriate respect and courtesy when speaking to the instructors/examiners or being given directions to perform grading activities. (i.e., "Yes Sir/Ma'am")