

London Tae Kwon-Do (UK-TKD)

Grading Syllabus for 10th Kups (White Belts)

Sitting stance, single punch (counting 10)

Front rising kick (counting 10)

10 press-ups (counting 10)

Moving Forwards – Walking Stance, Middle Punch

Moving Backwards – Walking Stance, Low Block, Reverse Punch

Moving Forwards – Walking Stance, Middle Block, Reverse Punch

Four Directional Punch (Sajo Jirugi) Numbers 1 and 2

Typical Theory Questions For Adults (10th Kups)

Theory for your first grading typically consists of 3 questions relating to the training that you have undertaken so far. Presented below are examples of common questions.

(Q) What are the tenets of Tae Kwon-Do?

(A) Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.

(Q) What does the colour white signify?

(A) White belt signifies innocence, indicating the student has no previous knowledge of Tae Kwon Do.

(Q) What part of the fist do you punch with and why?

(A) We punch with the fore fist – the first two knuckles are the leading knuckles and have the best support from the forearm.

(Q) Why do we use stances such as walking stance and sitting stance?

(A) Walking stance and sitting stance are designed to strengthen and condition the legs.

(Q) Which part of the forearm do we block with and why?

(A) We block with the inner and outer part of the forearm, these are the strongest parts.

(Q) What does Tae Kwon-Do literally mean?

(A) Tae Kwon-Do literally means “The way of the foot and fist”.

(Q) Which country does Tae Kwon-Do originate from?

(A) Tae Kwon-Do originates from Korea.

You may also be asked to show the starting position for a low or middle block.

Note that these are just examples of questions you might be asked at a grading; a student should have a good knowledge of their theory before going to grade.

Typical Theory Questions For Juniors (10th Kups)

What is the name and grade of your instructor? (*Dr. Richard Clark 2nd Dan*).

What is the meaning of white belt? (*see answer shown above*).

What does UK-TKD stand for (*United Kingdom Tae Kwon-Do*).

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Korean Terminology

Shown below are *examples* of Korean terminology relating to the grading syllabus for 10th Kup White Belts.

Note that these are just examples with regards to Korean terminology that you might be asked at a grading.

| General Terms | |
|---------------|---------------|
| Dojang | Training Hall |
| Dobok | Training Suit |
| Ti | Belt |
| Sabum | Instructor |
| Jeja | Student |

| Commands | |
|----------|-----------------|
| Charyot | Attention |
| Kyong-Ye | Bow |
| Chunbi | Ready |
| Si-Jak | Start |
| Goman | Stop |
| Barrol | Return to Ready |
| Haessan | Dismiss |

| Body Sections | |
|---------------|----------------|
| Nopunde | High section |
| Kaunde | Medium section |
| Najunde | Low section |

| Parts of the Body | |
|-------------------|---------------|
| Ap Joomuk | Forefist |
| Palmok | Forearm |
| An Palmok | Inner Forearm |
| Bakat Palmok | Outer Forearm |

| Counting | |
|----------|-------|
| Hanna | One |
| Dool | Two |
| Seth | Three |
| Neth | Four |
| Dasaul | Five |
| Yosaul | Six |
| Ilgop | Seven |
| Yodop | Eight |
| Ahop | Nine |
| Yoll | Ten |

| Stances | |
|-------------------|----------------|
| Charyot Sogi | Attention |
| Narani Junbi Sogi | Parallel Ready |
| Annun Sogi | Sitting |
| Gunnan Sogi | Walking |

| Basic Movements | |
|--------------------|---------------------|
| An Palmok Makgi | Inner Forearm Block |
| Bakat Palmok Makgi | Outer Forearm Block |
| Ap Cha Oligi | Front Rising Kick |
| Baro Jirugi | Obverse Punch |
| Bandae Jirugi | Reverse Punch |
| Sajo Jirugi | 4 Directional Punch |