

Grading syllabus for 10th kup (white belt)

Basics

Sitting stance single punch (counting 10)
Front rising kick (counting 10)
10 press-ups (counting 10)

Line Work

Moving Forwards – Walking Stance Middle Punch
Moving Backwards – Walking Stance Low Block Reverse Punch
Moving Forwards – Walking Stance Middle Block Reverse Punch

Exercise

Four Directional Punch (Sajo Jirugi) Numbers 1 and 2

Theory

Theory for your first grading typically consists of 3 questions relating to the training that you have done so far

THE MOST COMMON QUESTIONS ARE:-

What are the tenets of Tae Kwon-Do?
What does the colour white signify?
What part of the fist do you punch with and why?
Why do we use stances such as walking stance and sitting stance?
Which part of the forearm do we block with and why?
What does Tae Kwon-Do literally mean?
Which country does Tae Kwon-Do originate from?
You may also be asked to show the starting position for a low or middle block.

Remember 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.

The 5 Tenets of Tae Kwon Do are:

Courtesy
Integrity
Perseverance
Self control
Indomitable Spirit

White belt; signifies innocence, indicating the student has no previous knowledge of Tae Kwon Do

We punch with the Fore fist – The first two knuckles are the leading knuckles and have the best support from the forearm.

Walking stance and Sitting stance – Are designed to strengthen and condition the legs

We block with the inner and outer part of the forearm, these are the strongest parts

Tae Kwon-Do literally means “The Way of the foot and fist”

Tae Kwon-Do originates from Korea

Questions for juniors

What is the name and grade of your instructor? = Mr. Eamon Hailes 2nd Dan
What is the meaning of white belt? - (look at the answer given above)
What does UK-TKD stand for = United Kingdom Tae Kwon-Do

