

Testing Information: 10th – 9th

TRANSLATIONS FOR KOREAN TERMS USED IN CLASS

To Start Class: Head Student says:

1. Charyot Attention
2. Kuk-Ki-Yea Tae-Hae Face the Flag
3. Kyong-Ye Bow or salute
4. Baro Return to ready
5. Class recites tenets of TaeKwon-Do
6. Class recites TaeKwon-Do student oath
7. Sahyun Nim Gar, Kyong-Ye Bow to instructor (7th & 8th Dan)
Sabum Nim Gae, Kyong-Ye (4th - 6th Dan)
Boosabum Nim Gae, Kyong-Ye (1 st - 3rd Dan)

Fundamental Exercises:

- Saju Jirugi - 4 direction punch - 14 movements
Saju Makgi - 4 Direction Block - 16 movements

Ready Stance: Open Parallel Ready Stance

Diagram: †

Kicking Requirements

- Ap-Cha-Busigi Front Snap Kick
Yop-Cha-Jirugi Side Piercing Kick

Step Sparring.

- Sambo Matsoki 3 step sparring alone (attack and defense)
3 step beginner (2 way) alone
Attacker: low block w.s. /3 punches w.s.
Defender: ready stance kihap/3 blocks (1) counter

Self-defense:

- 2 Releases from a straight grab to the wrist
- 2 Releases from a cross grab to the wrist

Break:

- Ap-Cha-Busigi Front Snap Kick I Board Adult
Yop-Cha-Jirugi Side Piercing Kick I Board Junior

To End Class:

1. Charyot Attention
2. Kuk-Ki-Yea Tae-Hae Face the Flag
3. Kyong-Ye Bow or salute
4. Baro Return to ready
5. Sabum Nim Gae, Kyong-Ye Bow to instructor
6. Tora (second student) Turn (class faces head student)
7. Hesun (head student) Dismissed
8. Ko-Map Sum-Nee-Da Thank you (everybody says together)

Other terms:

Attention	Charyot
At ease	Swiyo
Ready Position	Junbi
Sit or kneel	An-Joh
Meditate	Muk -Nyom
Begin	Si-Jak
Finished	Hee-San
Stop	Guman
Yell	Ki-Hap
Turn around	Tui-Tora
Uniform	Do-Bok
Instructor	Sa-Bum
Degree	Dan
Grade	Gup
Pattern	Tul

ITF Chain of Command:

Founder of Tae Kwon-Do General Choi Hong Hi - IX Dan Grand Master
President of ITF Master Tran Quan - VIII Dan
ITF Headquarters Brampton, Ontario Canada

President of ATFI Master Fabian Nunez - VII Dan
Vice President of ATFI Mr. John Cacioli - VI Dan
ATFI Headquarters Odessa, Texas

REQUIRED KNOWLEDGE**Taekwon-Do Tenets:****Courtesy**

To be polite to one another
To behave oneself according to etiquette
To respect other's possessions

Integrity

To know right from wrong
To be honest and proud

Perseverance

Patience to achieve a higher degree of perfection
Don't be a quitter, try and try again

Self-control

Control over one's impulses, emotions, or acts.

Indomitable Spirit

A student of TaeKwon-Do will at all times be modest and honest
If confronted with injustice, he will deal with the belligerent without fear or hesitation regardless of whosoever and however many the number may be.

Taekwon-Do Oath:

I shall observe the tenets of Taekwon-do
I shall respect instructors and seniors
I shall never misuse Taekwon-do
I will be a champion of freedom and justice
I will build a more peaceful world

New Stances:

1. Attention Stance: heels together, feet are at a 45' angle
2. Open Parallel Ready Stance: Width is 1 shoulder width measured from the foot sword of the left foot to the foot sword of the right foot.
3. Sitting Stance: 50/50 weight distribution. Width is 1&1/2 shoulder widths measured from reverse foot sword to reverse foot sword.
4. Walking Stance: 50/50 weight distribution. Length is 1/2 shoulder widths measured from toes to toes. Width is 1 shoulder width measured from center of foot to center of foot.

New Techniques:

1. Walking Stance Forearm Low Block.
2. Walking Stance Middle Front Punch
3. Walking Stance Knife Hand Low Block
4. Walking Stance Inner Forearm Middle Block

White Belt:

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