

Basic Movements (DEFENSIVE)

- Inner Forearm block – **AN PALMOK MAKGI**
- Outer Forearm Block – **BAKAT PALMOK MAKGI**
- Front Rising Kick – **AP CHAOLLIGI**
- Side Rising Kick – **YOP CHAOLLIGI**

Basic Movements (OFFENSIVE)

- Obverse Punch – **BARO JIRUGI**
- Reverse Punch – **BANDAE JIRUGI**

YOUR 10th KUP GRADING

- IDENTIFY YOURSELF
- SITTING STANCE – SINGLE PUNCH
- FRONT RISING KICK EXERCISE
- 10 PRESS UPS
- WALKING STANCE – MIDDLE SECTION PUNCH (Forwards/Backwards)
- WALKING STANCE – LOW BLOCK REVERSE MIDDLE SECTION PUNCH (Forwards/Backwards)
- WALKING STANCE – MIDDLE BLOCK REVERSE MIDDLE SECTION PUNCH (Forwards/Backwards)
- SAJO JIRUGI (4 Directional Punch) – Number One and Two (Low block/Middle block)
- ALL THEORY ON THESE TWO PAGES

What does a White belt signify? “A white belt signifies innocence, that of the beginner who has no previous knowledge of Tae Kwon Do”.



Sajo Jirugi Number One *meaning four directional punch*

- Fifteen movements (15)
- Begin in 'Parallel ready stance'
- Uses the low block
- **Sajo Jirugi Number Two** uses the **middle** block

General terms

- Training Hall - **DOJANG**
- Training Suite - **DOBOK**
- Instructor - **SABUM**
- Belt - **TI**
- Student - **JEJA**
- Inner - **AN**
- Outer - **BAKAT**
- Press ups – **MOMTONG BACHIA**

Commands

- Attention - **CHARYOT**
- Bow – **KYONG-YE**
- Ready - **CHUNBI**
- Start – **SI-JAK**
- Stop - **GOMAN**
- Return to ready stance - **BARROL**
- Dismiss – **HAESSAN**
- Forwards – **APRO KAGGI**
- Backwards – **DWIYRO KAGGI**
- About turn – **DWIYRO TORRO**

Counting

- One - **HANNA**
- Two – **DOOL**
- Three - **SETH**
- Four – **NETH**
- Five - **DASAUL**
- Six - **YOSAUL**
- Seven – **ILGOP**
- Eight – **YODOLL**
- Nine – **AHOP**
- Ten – **YOLL**

Sections of the body

- Low - **NAJUNDE**
- Middle - **KAUNDE**
- High - **NOPUNDE**

Parts of the Body

- Forefist – **AP JOOMUK**
- Forearm – **PALMOK**
- Inner Forearm – **AN PALMOK**
- Outer Forearm – **BAKAT PALMOK**

Stances

- Attention Stance – **CHARYOT SOGI**
- Parallel Stance – **NARANI SOGI**
- Sitting Stance – **ANNUN SOGI**
- Walking Stance – **GUNNUN SOGI**