

**10<sup>th</sup> Kup – White Belt** – this is the theory for adult white belts. Juniors are expected to start learning this after passing their orange stripe grading, but won't be tested on it until grading for yellow belt.

### Taekwon-Do

'Tae' literally means jump, kick or smash with foot.  
 'Kwon' means punch or destroy with hand or fist.  
 'Do' means art, way, method.

In summary, the art of kicking and punching.

### General Terms

Stance - Sogi  
 Block - Makgi  
 Punch - Jirugi  
 Kick - Chagi  
 Press ups - Momtong Bachia

### Stances (See Appendix 3)

Attention Stance - Charyot Sogi  
 Parallel Ready Stance - Narani Chunbi Sogi  
 Sitting Stance - Annun Sogi  
 Walking Stance - Gunnun Sogi

### Body Sections

Low - Najunde  
 Middle - Kaunde  
 High - Nopunde

### Parts of the Body

Forefist - Ap Joomuk  
 Forearm - Palmok  
 Inner Forearm - An Palmok  
 Outer Forearm - Bakat Palmok  
 Ball of the Foot - Ap Kumchi

### Blocks / Punches / Kicks

Inner Forearm Middle Block - An Palmok Kaunde Makgi  
 Outer Forearm Low Block - Bakat Palmok Najunde Makgi

Front Punch - Ap Jirugi  
 Obverse Punch - Baro Jirugi  
 Reverse Punch - Bandae Jirugi  
 Front Kick - Ap Chagi  
 Front Rising Kick - Ap Cha Olligi

### Exercise

Four Directions Punch - Sajo Jirugi (15 Movements)

Sajo Jirugi is the first set of choreographed movements to help develop co-ordination, direction changing, and breath control. There are two versions of this exercise, the first using low block and the second using middle block. This is not a pattern.

**White:** Signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.

## Conduct in the Dojang (Training Hall)

Every student must observe the following conduct in the Dojang in order to maintain an orderly and effective training hall.

- Bow upon entering
- Bow to instructor upon forming a line prior to training
- Bow to the instructor upon forming a line prior to dismissal
- Bow before leaving the Dojang

## Rules of the Dojang

- No smoking inside the Dojang
- No gum chewing
- No jewellery may be worn during classes, new piercings must be taped
- No shoes to be worn in the Dojang, unless permission given by instructor
- Students should never leave class for a break, water or an early dismissal without permission
- Never lose your temper in the Dojang – especially during sparring
- Never lean on walls or lay spread out on the floor unless while exercising
- Students must keep finger and toenails clipped short and clean
- Keep your uniform clean at all times
- No horse-play, whistling or loud talking in the Dojang
- No talking in class except to ask a question
- Before asking a question raise your right hand to attract the instructors attention
- While in the Dojang, always address the instructor as Sir / Miss or Mr / Mrs using the instructors surname
- Students should behave in a disciplined manner while training
- Respect all members
- While fixing your Dobok or Belt do not face your instructor
- Any student that is late for class must get the instructors permission and bow to the instructor before joining the class

## General Terms

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

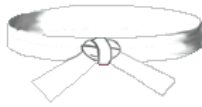
## Commands

|                        |   |          |
|------------------------|---|----------|
| Attention              | - | Charyot  |
| Bow                    | - | Kyong-Ge |
| Ready                  | - | Chunbi   |
| Start / Go             | - | Si-Jak   |
| Return to Ready Stance | - | Barrol   |

## Counting

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

## Belt Sequence



White Belt (10<sup>th</sup> Kup)



White Belt / Yellow Stripe (9<sup>th</sup> Kup)



Yellow Belt (8<sup>th</sup> Kup)



Yellow Belt / Green Stripe (7<sup>th</sup> Kup)



Green Belt (6<sup>th</sup> Kup)



Green Belt / Blue Stripe (5<sup>th</sup> Kup)



Blue Belt (4<sup>th</sup> Kup)



Blue Belt / Red Stripe (3<sup>rd</sup> Kup)



Red Belt (2<sup>nd</sup> Kup)



Red Belt / Black Stripe (1<sup>st</sup> Kup)

For juniors there are two additional grades between white belt (10<sup>th</sup> Kup) and white belt / yellow stripe (9<sup>th</sup> Kup).

These grades are:

Dragon 1 – White Belt / Purple Stripe

Dragon 2 – White Belt / Orange Stripe

The reason for these two additional grades is to enable juniors to have more time on building the foundations for success in Taekwon-Do.

## Appendix 3

## Stances

### Attention Stance - Charyot Sogi

Feet form a 45 degree angle with heels together, toes apart.

### Parallel Stance - Narani Sogi

Feet straight forward, one shoulder width wide from the little toes.

### Sitting Stance - Annun Sogi

Feet straight forward, one and a half shoulder widths from the big toes. Weight distribution is 50:50, push knees outward slightly and bend until front of knee is over the ball of your feet.

### Walking Stance - Gunnun Sogi

Length one and a half shoulder widths from big toes, and one shoulder width wide from the centre line of each foot. Front foot straight forward, rear foot angled out 25 degrees. Weight distribution 50:50, front knee bent until knee is inline with rear of heel, rear leg straight.

### L Stance - Niunja Sogi

Length one and a half shoulder widths from big toe to back of rear foot, gap between heels about 2.5 centimetres. Both feet are angled in 15 degrees. Weight distribution 70(rear):30(front).

### Fixed Stance - Gojong Sogi

Length one and a half shoulder widths from big toe to front of rear foot, gap between heels about 2.5 centimetres. Both feet are angled in 15 degrees. Weight distribution 50:50.

### Bending Ready Stance 'A' - Guburyo Chunbi Sogi 'A'

Standing on one leg, knee bent, lift opposite footsword to just in front of knee, bring arms into forearm guarding position.

### Closed Stance - Moa Sogi

Feet together, straight forward, with weight distributed 50:50.

### X Stance - Kyocho Sogi

Cross one foot over or behind the other touching the ground slightly with the ball of the foot (heel only slightly off the floor). Place the body weight on the stationary foot. If stepping, the trailing foot is placed in front, if jumping, the trailing foot is placed behind.

### Rear Foot Stance - Dwitbal Sogi

Length one shoulder width from big toe to back of rear foot. Bend the rear leg until knee comes over toes, and the heel slightly beyond the heel of the front foot. Front foot angled in about 25 degrees, heel just off the floor, and rear foot angled in 15 degrees. Most of the body weight is placed on the rear foot.

### Low Stance - Nachuo Sogi

This stance is the same as a walking stance apart from being one foot's length longer.

### Vertical Stance - Soojik Sogi

Length one shoulder width from big toe to front of rear foot. Both feet angled in 15 degrees. Weight distribution is 60:40. Legs are kept straight.