

## LINE WORK FOR 10TH KUP

SITTING STANCE SINGLE PUNCH (COUNTING 10)

FRONT RISING KICK (COUNTING 10)

10 PRESS-UPS (COUNTING 10)

**FWD** - WALKING STANCE MIDDLE PUNCH

**BWD** - WALKING STANCE LOW BLOCK REVERSE PUNCH

**FWD** - WALKING STANCE MIDDLE BLOCK REVERSE PUNCH

### FOUR DIRECTIONAL PUNCH

SAJU JIRUGI 1

SAJU JIRUGI 2

### FOUR DIRECTIONAL PUNCH

This helps us change direction as if we were being attacked from different angles. Key this is only 1 foot works at a time, after every block there is a punch. The examiners are looking for power, current starting positions for blocks. Good walking stances and loud kihaps.

### TYPICAL THEORY FOR 10<sup>TH</sup> KUPS

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?

**Courtesy, Integrity, Perseverance, Self Control, Indomitable spirit.**

What does the colour white signify?

**Innocence, beginning of Tae Kwon Do as the student has had no previous knowledge.**

What part of the fist do you punch with and what is it in Korean?

**First two knuckles, ap joomuk**

How long and wide is a walking stance or sitting stance, and what is it called in Korean?

**Walking Stance 1 ½ shoulder widths apart. Sitting stance 2 shoulder widths apart. Walking stance = Gunnan sogi, Sitting stance = Annun sogi.**

What is the Korean for middle section?

**An palmok**

What does Tae Kwon-Do literally mean?

**Hand foot art**

What is the Korean for outer forearm?

**Bakat palmok**

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.

### JUNIOR THEORY QUESTIONS

For the juniors, depending on age and ability, we tend to make the theory questions much easier.

### THE MOST COMMON JUNIOR QUESTIONS ARE:-

Where does Tae Kwon-Do come from?

**South Korea**

What are the 5 tenets of Tae Kwon-Do?

**Courtesy, Integrity, Perseverance, Self Control and Indomitable spirit.**

What is the name and grade of your instructor?

**Jason Toms 2nd degree black belt (April 2015)**

What does the colour white mean?

**Innocence, beginning of Tae Kwon-Do as the student has had no previous knowledge.**

### OTHER MEANING OF WORDS AND MEANING OF APPLICATION OF MOVES

<b>Sitting Stance</b>	<b>Annun Sogi (2 shoulder widths apart)</b>
<b>Walking Stance</b>	<b>Gunnan Sogi (1 ½ shoulder widths long 1 wide)</b>
<b>Ready Stance</b>	<b>Narani Sogi</b>
<b>Middle Block</b>	<b>An palmok makgi</b>
<b>Low Block</b>	<b>Bakat palmok makgi</b>
<b>Forefist</b>	<b>Ap joomuk (fist is 90 degrees to the body)</b>
<b>Body and mind</b>	<b>Kihap</b>
<b>Training outfit</b>	<b>Dobok</b>
<b>Attention stance</b>	<b>Charyot sogi</b>
<b>White belt</b>	<b>Signifies innocence, like that of a novice</b>
<b>Observe punch</b>	<b>Baro jirugi</b>
<b>Reverse punch</b>	<b>Bandae jirugi</b>
<b>Front rising exercise</b>	<b>Ap cha olligi (stretches the muscles)</b>
<b>4 directional punch</b>	<b>Sajo jirugi</b>

<b>Stances</b>	<b>Sogi (helps builds the muscles in your legs)</b>
<b>UKTKD</b>	<b>United Kingdom Tae Kwon Do</b>
<b>3 Rs</b>	<b>Respect yourself, respect for others, take responsibility for your actions.</b>
<b>Instructor</b>	<b>Sabun</b>
<b>Bow</b>	<b>Kyong ye</b>
<b>Belt</b>	<b>Ti</b>
<b>Student</b>	<b>Jeja</b>
<b>Training hall</b>	<b>Dojang</b>
<b>5 tenents</b>	<b>Courtesy, integrity, perseverance, indomitable spirit, self control</b>
<b>When was TKD formed</b>	<b>April 11<sup>th</sup> 1955 by general Choi JHong Hi</b>
<b>When was TKD introduced to UK</b>	<b>1967 by Rhee Ki Ha</b>
<b>When was the UKTKD founded</b>	<b>02.02.06</b>
<b>Who are the founders</b>	<b>Mr Wadlow and Mr Kinney</b>