

Bucks Taekwon-Do Academy School

10th Kup WHITE BELT STUDY SHEET

It is very important for each student of Taekwon-Do to study every sheet given to you for each grading. The material is not only relevant to all possible questions that you might be asked at your grading but will also give you a better understanding of the history and theories behind Taekwon-Do and its language.

Study the following material well before your grading and consult your instructor if you have any problems.

The Father & Founder of Taekwon-Do: General Choi Hong Hi 9th Dan, Grandmaster. Pronounced - "Chey Hong He."

Colour White: Signifies Innocence, as a beginner the student has no previous knowledge of Taekwon-Do.

Colour Yellow: Signifies Earth, from which a plant (Taekwon-do evergreen tree) sprouts and takes root as Taekwon-Do Foundations are laid.

5 Tenets of Taekwon-Do	Taekwon-Do Oath
Courtesy (Ye Ui)	I shall observe the tenets of Taekwon-Do
Integrity (Yom Chi)	I shall respect my Instructors and Seniors
Perseverance (In Nae)	I shall never misuse Taekwon-Do
Self Control (Guk Gi)	I shall be a Champion of Freedom and Justice
Indomitable Spirit (Baekjul Boolgool)	I shall build a more Peaceful World

TAEKWON-DO CAN BE TRANSLATED AS FOLLOWS:

Tae: Means foot	High Section : Nopundae
Kwon: Means hand	Middle Section : Kaundae
Do: Means way or art	Low Section : Najundae

DIFFERENCES IN BLOCKS

An Palmock Makgi	Inner forearm block	Is any block that uses the inner part of the forearm
Bakat Palmock Makgi	Outer forearm block	Is any block that uses the outer part of the forearm

NUMBERS

1 Hana	6 Yasut
2 Dool	7 Ilgop
3 Set	8 Yadol
4 Net	9 Ah-hop
5 Dasut	10 Yaul

STANCES: SOGI

Attention Stance	Charyiot Sogi	Parallel Ready Stance	Narani Sogi
Parallel Ready Stance	Narani Sogi	Sitting Ready Stance	Annun Sogi
Sitting Stance	Annun Sogi	Walking Ready Stance	Gunnun Jumbi Sogi
Walking Stance	Gunnun Sogi		
'L' Stance	Niunja Sogi		

Hand Parts – Sang Bansin

Ap Joomuk – Forefist Sonkal – Knifehand Bakat Palmok – Outer Forearm

Questions

This is just an indication of the type of questions asked at the 10th Kup Grading.

1. Who was the founder of Taekwon-Do?	4. What are the tenets of Taekwon-Do?
2. What does Taekwon-Do mean?	5. What are the blocks, punches and stances performed.
3. What does the colour white signify?	6. What are the hand and arm parts performed.

School Instructor: Mr. Earl McKnight 3rd Degree.