

White Belt ▷ Yellow Tag



Grading Test- 10th Kup

Pattern

4 Directional Punch
4 Directional Block

Fundamentals

Sitting Stance Punch x10

Stepping Forward x4 & Backward x4:

Walking Stance Punch
Walking Stance Low Block
Walking Stance Middle Block
Walking Stance High Block
Walking Stance Rising Block

Padwork

Front Snap Kick, Double Punch x3 - Right and Left
Rising Block x3 - Right and Left

Theory Questions

Which Country does TKD come from?	Korea
What does Taekwon-Do mean?	The Art of Hand and Foot
Who was the founder of TKD?	General Choi Hong Hi
What is the training hall called?	Dojang
What are the tenets of TKD?	Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit (C.I.P.S.I.)
What does the colour White signify?	Innocence, no knowledge of Taekwon-Do
Stance	Sogi
Kick	Chagi
Block	Makgi
Punch	Jirugi
4 Directional Punch	Saju Jirugi
4 Directional Block	Saju Makgi
High	Nopunde
Middle	Kaunde
Low	Najunde
Instructor	Sabum