

## 10<sup>th</sup> Kup Grading Requirements

<b>Syllabus – For promotion to 9<sup>th</sup> Kup (Yellow Stripe)</b>
<ol style="list-style-type: none"> <li>1. Four Directional Punching &amp; Blocking</li>   <li>2. Up &amp; Down Movements                      Forwards – Middle Section, Obverse Punch                      Backwards – Inner Forearm, Middle Section Block</li>   <li>3. Sitting Stance Middle Section Punch x 10</li>   <li>4. Press Ups x 10 (chin to floor)</li>   <li>5. Terminology</li> </ol>

<b>Terminology</b>									
<b>1</b>	<b>SAJU JIRUGI</b> – Four Directional Punching (This is NOT a pattern!)								
<b>2</b>	<p><b>STANCES</b> – Sogi</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;">ATTENTION STANCE – <i>CHERYOT SOGI</i></td> <td style="padding: 5px;">Heels together, toes apart Hands form fists by your sides, approximately 45 degrees away from your body Left leg moves to form stance</td> </tr> <tr> <td style="padding: 5px;">PARALLEL READY STANCE – <i>NARANI JUNBE SOGI</i></td> <td style="padding: 5px;">Feet shoulder width apart Both feet parallel Hands form fists in front of your belt</td> </tr> <tr> <td style="padding: 5px;">SITTING STANCE – <i>ANNUN SOGI</i></td> <td style="padding: 5px;">Width = Feet 1 &amp; a half times shoulder width apart Weight distribution = 50:50 Feet parallel</td> </tr> <tr> <td style="padding: 5px;">WALKING STANCE – <i>GUNNUN SOGI</i></td> <td style="padding: 5px;">Width = Feet shoulder width apart Length = Feet 1 &amp; a half times shoulder width Weight distribution = 50:50 Forward leg indicates whether it is a right or left stance</td> </tr> </table>	ATTENTION STANCE – <i>CHERYOT SOGI</i>	Heels together, toes apart Hands form fists by your sides, approximately 45 degrees away from your body Left leg moves to form stance	PARALLEL READY STANCE – <i>NARANI JUNBE SOGI</i>	Feet shoulder width apart Both feet parallel Hands form fists in front of your belt	SITTING STANCE – <i>ANNUN SOGI</i>	Width = Feet 1 & a half times shoulder width apart Weight distribution = 50:50 Feet parallel	WALKING STANCE – <i>GUNNUN SOGI</i>	Width = Feet shoulder width apart Length = Feet 1 & a half times shoulder width Weight distribution = 50:50 Forward leg indicates whether it is a right or left stance
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<b>4</b>	<p><b>GENERAL TERMINOLOGY</b></p> <p>FOREFIST                      <i>AP JOOMUK</i>          INNER FOREARM              <i>AN PALMOK</i>          OUTER FOREARM              <i>BAKAT PALMOK</i>          BLOCK                              <i>MAKGI</i>          PUNCH                              <i>JIRUGI</i>          SYANCE                              <i>SOGI</i>          FRONT LEG RAISE              <i>AP CHA OLLYGE</i></p> <p>EXTRA INFO...</p> <p>TRAINING HALL                  <i>DOJANG</i>          TRAINING UNIFORM              <i>DOBOK</i></p>
<b>5</b>	<p><b>COUNTING</b></p> <p>1 – <i>HANA</i>                              6 – <i>YUSUT</i>          2 – <i>DOOL</i>                              7 – <i>ILGOP</i>          3 – <i>SET</i>                                      8 – <i>YAUDUL</i>          4 – <i>NET</i>                                      9 – <i>AHOP</i>          5 – <i>TASUT</i>                              10 – <i>YAUL</i></p>
<b>6</b>	<p><b>TAE KWON DO</b></p> <p>a) SPELLING – Learn the spelling of 'Tae Kwon Do'          b) MEANING:</p> <p>TAE = To break or destroy with the FOOT          KWON = To break or destroy with the HAND          DO = The way of the ART</p> <p>Basically 'the art of hand and foot fighting'</p>
<b>7</b>	<p><b>MEANING OF THE COLOUR WHITE</b></p> <p>White signifies innocence as that of the beginner who has no previous knowledge of Taekwono-Do.</p>
<b>8</b>	<p><b>THE TENENTS OF TAEKWON-DO</b></p> <p>COURTESY                              <i>YE UI</i>          INTEGRITY                              <i>YOM CHI</i>          PERSISTENCE                              <i>IN NAE</i>          SELF-CONTROL                              <i>GIK GI</i>          INDOMITABLE SPIRIT                      <i>BAEKJUL BOOLGOOL</i></p>
<b>9</b>	<p><b>GENERAL INFORMATION</b></p> <ul style="list-style-type: none"> <li>• The founder of Taekwon-Do GENERAL CHOI HONG HI – 9<sup>th</sup> Dan</li> <li>• The inaugural date of Taekwon-Do is 11<sup>th</sup> April 1955</li> <li>• Taekwon-Do originated in SOUTH KOREA</li> </ul> <p><b>You may be asked:</b></p> <ul style="list-style-type: none"> <li>• How you found out about Taekwon-Do / the club you train at</li> <li>• Why you started training in Taekwon-Do</li> </ul>