

10th Kup

White Belt Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below:

- Use the tick the boxes to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN

Sajo Jirugi (4 directional Punch and Block exercise) - 15 moves. *This is not a technically a pattern but an exercise for beginners.*

ATTACK MOVES

Straight Punches (Jirugi)

DEFENCE MOVES

Middle Block (An Palmock Makgi)

STANCES

Walking Stance (Gunnun Sogi)
 Sitting Stance (Annun Sogi)
 Attention Stance (Charyot Sogi)
 Ready Stance (Chumbi)

KICKS

Leg Raises

SPARRING & FITNESS

Press ups
 Star Jumps

THEORY

At the grading you will be asked up to 5 theory questions, through your journey to Black Belt we will build up your knowledge of the Korean theory step by step. Feel free to learn as much Korean theory as you wish, but below are the words you need to learn for this grade.

- Punch** – Jirugi
- Block** - Makgi
- Kick** – Chagi
- Stance** - Sogi
- Training Hall** - Dojang
- Suit** - Dobok
- Belt** - Ti

The Taekwondo Tenets

예의

Courtesy

렴치

Integrity

인내

Perseverance

극기

Self Control

백절불굴

Indomitable Spirit

MEANING OF WHITE BELT

A White Belt signifies innocence. No previous knowledge of Taekwon-Do, as that of a beginner student.



Use this box to write notes on your progress.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....