

Tae Kwon-Do

WHITE BELT INFORMATION YELLOW TAG GRADING 10th KUP

Theory

Korean Terminology Tae Kwon-Do is a Korean martial art, so Korean terminology is used. Therefore after learning Korean terminology laid out in the syllabus you will be able to train all over the world and understand what is being asked of you.

Grading For the newcomer to Tae Kwon-Do, there is a long and arduous path to the Black Belt. This is defined by a training syllabus, which introduces new techniques at regular intervals, so you are constantly being encouraged to improve your skills. At the end of a set period of practice time, you are assessed by means of a grading examination to see whether your standards have reached a specified level.

White Belt signifies: Innocence - having had no previous knowledge of Tae Kwon-Do

Tae Kwon-Do means:

Foot	Hand	Way or Art
Tae	Kwon	Do

Five Tenets of Tae Kwon-Do:

1. Courtesy
2. Integrity
3. Perseverance
4. Self Control
5. Indomitable Spirit

Sections of the body:

1. High..... Nopunde
2. Middle..... Kaunde
3. Low.....(.....) Najunde

Two main blocking tools: in Saju Jirugi

Inner Forearm.....An Palmok
Outer Forearm.....Bakat Palmok

Forearm.....Palmok
BlockMakgi
Stance.....Sogi

Four-Directional Punch: Saju Jirugi

Stances (Sogi):

Walking Stance.....Gunnun Sogi
Sitting Stance.....Annun Sogi

Training Hall.....Dojang

Training Suit.....Dobok

Belt.....Ti

Punch.....Jirugi

Your instructor/s (Name.....Grade.....DAN)

(Name.....Grade.....DAN)

Tae Kwon-Do

YELLOW TAG INFORMATION

YELLOW BELT GRADING 5th KUP

Theory

- Pattern Chon-Ji** Means literally "Heaven and Earth" In the Orient it is interpreted as the creation of the world or the beginning of human history and is therefore, the initial pattern performed by the beginner. The pattern consists of two similar parts, one to represent Heaven, the other Earth. This pattern consists of 19 moves.
- What is a pattern** A pattern is a fundamental set of movements, mainly attack and defence, set in a logical sequence to deal with one or more imaginary opponents.
- Yellow Belt** Signifies Earth, from which a plant sprouts and takes root as the Tae Kwon-do foundation is being laid.

Terminology

- | | | |
|---|-----------------------------|---|
| Stances (sogi) | Parallel Ready Stance | Narani Chunbi Sogi |
| | L Stance | Niunja Sogi |
| | | Weight distribution for L stance |
| | | 70% Back leg |
| | | 30% Front leg |
| Pattern | Tul | Knife Hand Strike |
| | | Sonkal Taerigi |
| Rising Block | Chookyo Makgi | Back Fist Strike |
| | | Dung Joomuk Taerigi |
| Front Kick (uses ball of the foot) | Ap Chagi | Guarding Block |
| | | Palmok Daebi Makgi |
| Ball of the foot . . . | Ap Kumchi | Forearm Block |
| | | Palmok Makgi |
| | | Inward Outer Forearm Block |
| | | Anuro Bakat Pamok Makgi |

All Students must have a T.A.G.B. manual. See your instructor

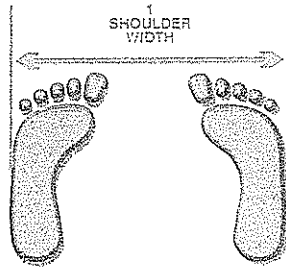
Foot and Hand

BASIC STANCES

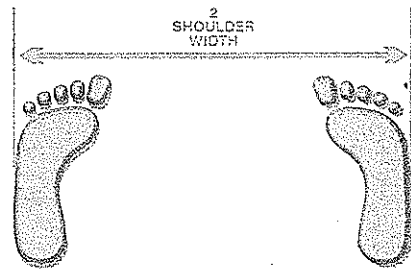
ATTENTION STANCE



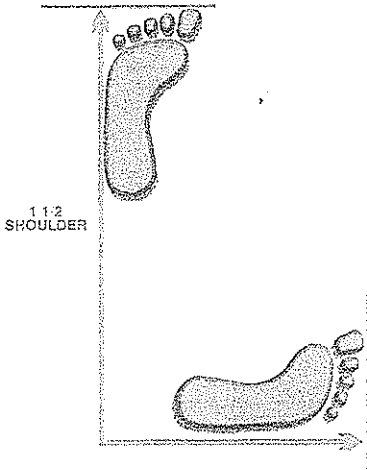
READY STANCE



SITTING STANCE



L-STANCE



WALKING STANCE

