

TAEKWON-DO BELLSHILL WHITE BELT 10th KUP THOERY

FOUNDER OF TAE KWON DO: MAJOR GENERAL CHOI HONG HI

YOUR INSTRUCTOR : MR KEVIN McLEAR III Degree

YOU ARE A MEMBER OF : SCOTIA-TKD (TUK/ITF)

TENETS OF TAE KWON DO (WHAT WE AIM TO ACHIEVE WITH TRAINING)

1. COURTESY	: POLITE BEHAVIOUR
2. INTEGRITY	: HONESTY
3. PERSEVERANCE	: TO CONTINUE TRYING
4. SELF-CONTROL	: TO RESTRAIN ONESELF
5. INDOMITABLE SPIRIT	: UNYIELDING

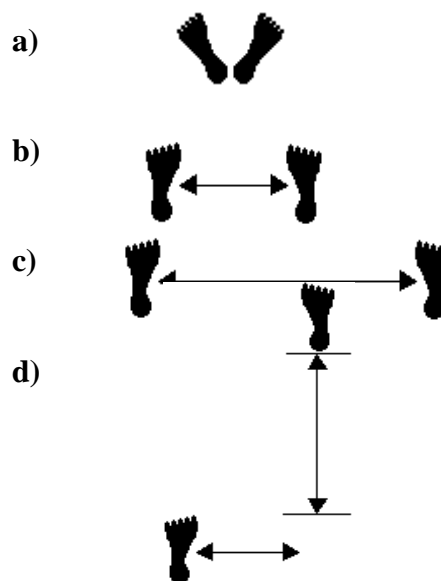
COUNTING

ONE	HANA
TWO	DOOL
THREE	SET
FOUR	NET
FIVE	DASUT
SIX	YASUT
SEVEN	ILGOP
EIGHT	YADOL
NINE	AHOP
TEN	YOLL

WHITE BELT: The colour white signifies innocence as that of a beginning student who has no previous knowledge of Tae Kwon Do.

BASIC STANCES

- a) Attention Stance (Charyot Sogi)
Heels together, toes apart.
- b) Parallel Ready Stance (Narani Junbi Sogi)
One shoulder width apart, toes in, weight 50-50
- c) Sitting Stance (Annun Sogi)
One and a half shoulder widths apart, toes in, Weight 50-50
- d) Walking Stance (Gunnun Sogi)
One shoulder width wide, one and a half shoulder widths long, weight 50-50



KOREAN TERMINOLOGY

ATTENTION

BOW

READY

PUNCHING

FRONT FIST

BLOCKING

LOW BLOCK

LOW KNIFEHAND BLOCK

INNER FOREARM BLOCK

KICK

RISING BLOCK

FRONT SNAP KICK

TURNING KICK

CHARYOT

KYONG YE

CHUNBI

JURIGI

AP JOOMUK

MAKGI

NAJUNDAE BAKAT PALMOK MAKGI

NAJUNDAE SONKAL MAKGI

AN PALMOK MAKGI

CHAGI

CHOOKYO MAKGI

AP CHA BUSIGI

DOLLYO CHAGI

REQUIREMENTS FOR BEGINNERS FIRST GRADING

ATTENTION STANCE

RAISE RIGHT HAND, NAME AND GRADE (Loud and Clear)

PARALLEL READY STANCE

SITTING STANCE 10 PUNCHES (Counting each one)

WALKING STANCE, 10 RISING KICKS, RIGHT LEG THEN LEFT LEG (Counting each one)

MOVING FORWARD, WALKING STANCE, 5 PUNCHES (Counting each one)

MOVING BACKWARDS, 5 LOW BLOCK, REVERSE PUNCH COMBINATIONS(Counting)

MOVING FORWARD, 5 MIDDLE BLOCK, REVERSE PUNCH COMBINATIONS (Counting)

PARALLEL READY STANCE

4 DIRECTIONAL EXCERSISE (SAJU JURIGI & SAJU MAKGI)

SAJU JURIGI : RAISE LEFT ARM, LOW BLOCK, BOTH WAYS ROUND

SAJU MAKGI : RIGHT LEG BACK , LOW K/HAND BLOCK , BOTH WAYS ROUND

SPARRING

3 STEP SPARRING : FOOTWORK ONLY

FREE SPARRING : NO CONTACT

STAND IN ATTENTION STANCE READY TO ANSWER QUESTIONS - SAMPLE QUESTIONS:

WHAT DOES TAE KWON DO MEAN?

WHAT ARE THE TENETS OF TAE KWON DO?

WHAT DOES THE COLOUR WHITE SIGNIFY?

WHERE DID TAE KWON DO ORIGINATE FROM?

WHAT ARE PUNCHES, STANCES AND BLOCKS IN KOREAN?

WHAT IS THE KOREN NAME FOR THE FOUR DIRECTIONAL PUNCH EXERCISE?

WHO IS THE FOUNDER OF TAE KWON DO?

WHAT IS YOUR INSTRUCTORS NAME AND GRADE?