



White Belt to Yellow Tag



Grading Requirements

Techniques

Press Ups (10) **Momtong Bachim**
(Flat Hand Up to 17 years/over 40 – Adults Knuckles)

Sitting Stance – Middle Punching (10)
Annun Sogi - Kaunde Ap Joomuk Jirugi

Walking Stance – Middle Outer Forearm Block/Reverse Punch
Gunnun Sogi - Kaunde Bakat Palmok Makgi / Bandae Jirugi

Front Snap Kick **Apcha Busigi**

Pattern

Four Direction Block **Saju Makgi**

Four Direction Punch **Saju Jirugi**

Sparring

3 Step Footwork **Sambo Matsogi**

Semi Free Sparring **Banjayu Matsogi**

Destruction

No destruction required

Theory

Korean Terminology for Your Grade

Application of Technique

Releases from single wrist grab



White Belt to Yellow Tag Korean Terminology Information & Test Questions

Tae kwon Do – means Kicking & Punching Art; or foot fist way of life.
Foot Hand Art

Founder of TaeKwon Do – General Choi Hong Hi

9th Degree Black belt

President & Chief of GTUK – Grand Master Oldham

9th Degree Black belt

GTUK OATH

As a member of the GTUK
I shall observe the tenets of TaeKwon-Do
I shall respect the instructors & seniors
I shall never misuse TaeKwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world.

Tenets

Courtesy – **Ye Ui**
Integrity – **Yom Chi**
Perseverance - **In Nae**
Self Control – **Guk Gi**
Indomitable Spirit – **Baekjul Boolgool**

Instructors Commands

Attention – **Charyot**
Ready – **Junbi**
Back to Mark – **Baro**

Bow – **Kyong-ye**
Start – **Si Jak**
Stop – **Goman**

Relax – **Swiyo**

Stances – **Sogi**

Sitting Stance
Annun Sogi
Walking Stance
Gunnun Sogi
Parallel Ready Stance
Narani Junbi Sogi

Kicks – **Chagi**

Front Kick
Ap Chagi
Side Kick
Yop Chagi
Turning Kick
Dollyo Chagi

Blocks – **Makgi**

Outer Forearm Block
Bakat Palmok Makgi
Inner Forearm Block
An Palmok Makgi
Knifehand Low Block
Sonkal Najunde Makgi

Sections

Low – **Najunde**
Middle – **Kaunde**
High – **Nopunde**

Punch – **Jirugi**

Obverse Punch – **Baro Jirugi**
Reverse Punch – **Bandae Jirugi**
Fore Fist Punch – **Ap Joomuk Jirugi**

Other

Training Hall – **Dojang**
TaeKwon Do Suit – **Dobok**
Belt – **Tie**
Kup or Degree Test – **Simsa**

Numbers

1 – **Hana**
2 – **Dool**
3 – **Set**
4 – **Net**
5 – **Tasot**

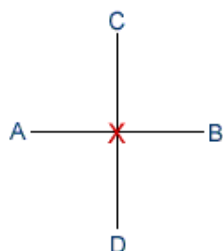
Test Questions:

1. Who was the founder of TKD?
2. Name the tenets of TKD?
3. What is your training suit called?
4. What is the training hall called?



White Belt to Yellow Tag Four Direction Punch Exercise **Saju Jirugi**

Diagram:

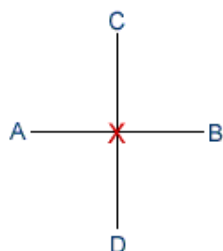


No	Move	Stance	Section	Action	Korean
	To Begin	Parallel ready stance			Narani Junbi So
1	Step to D (Right Foot)	Walking	Mid	Obverse punch	Gunnun So Kaunde Baro Jirugi
2	Turn to B	Walking	Low	Outer forearm block	Gunnun So Najunde Bakat Palmok Makgi
3	Step to B	Walking	Mid	Obverse punch	Gunnun So Kaunde Baro Jirugi
4	Turn to C	Walking	Low	Outer forearm block	Gunnun So Najunde Bakat Palmok Makgi
5	Step to C	Walking	Mid	Obverse punch	Gunnun So Kaunde Baro Jirugi
6	Turn to A	Walking	Low	Outer forearm block	Gunnun So Najunde Bakat Palmok Makgi
7	Step to A	Walking	Mid	Obverse punch	Gunnun So Kaunde Baro Jirugi
	To end	Parallel ready stance		Right foot moves	Narani Junbi So
1	Step to D (Left Foot)	Walking	Mid	Obverse punch	Gunnun So Kaunde Baro Jirugi
2	Turn to A	Walking	Low	Outer forearm block	Gunnun So Najunde Bakat Palmok Makgi
3	Step to A	Walking	Mid	Obverse punch	Gunnun So Kaunde Baro Jirugi
4	Turn to C	Walking	Low	Outer forearm block	Gunnun So Najunde Bakat Palmok Makgi
5	Step to C	Walking	Mid	Obverse punch	Gunnun So Kaunde Baro Jirugi
6	Turn to B	Walking	Low	Outer forearm block	Gunnun So Najunde Bakat Palmok Makgi
7	Step to B	Walking	Mid	Obverse punch	Gunnun So Kaunde Baro Jirugi
	To end	Parallel ready stance		Left foot moves	Narani Junbi So



White Belt to Yellow Tag Four Direction Block Exercise **Saju Makgi**

Diagram:



No	Move	Stance	Section	Action	Korean
	To Begin	Parallel ready stance			Narani Junbi So
1	Step Right Foot back to C	Walking	Low	Knifehand block	Gunnun So Najunde Sonkal Makgi
2	Step to D	Walking	Mid	Inner forearm block	Gunnun So Kaunde An Palmok Makgi
3	Turn to B	Walking	Low	Knifehand block	Gunnun So Najunde Sonkal Makgi
4	Step to B	Walking	Mid	Inner forearm block	Gunnun So Kaunde An Palmok Makgi
5	Turn to C	Walking	Low	Knifehand block	Gunnun So Najunde Sonkal Makgi
6	Step to C	Walking	Mid	Inner forearm block	Gunnun So Kaunde An Palmok Makgi
7	Turn to A	Walking	Low	Knifehand block	Gunnun So Najunde Sonkal Makgi
8	Step to A	Walking	Mid	Inner forearm block	Gunnun So Kaunde An Palmok Makgi
	To end	Parallel ready stance		Right foot moves	Narani Junbi So
1	Step Left Foot back to C	Walking	Low	Knifehand block	Gunnun So Najunde Sonkal Makgi
2	Step to D	Walking	Mid	Inner forearm block	Gunnun So Kaunde An Palmok Makgi
3	Turn to A	Walking	Low	Knifehand block	Gunnun So Najunde Sonkal Makgi
4	Step to A	Walking	Mid	Inner forearm block	Gunnun So Kaunde An Palmok Makgi
5	Turn to C	Walking	Low	Knifehand block	Gunnun So Najunde Sonkal Makgi
6	Step to C	Walking	Mid	Inner forearm block	Gunnun So Kaunde An Palmok Makgi
7	Turn to B	Walking	Low	Knifehand block	Gunnun So Najunde Sonkal Makgi
8	Step to B	Walking	Mid	Inner forearm block	Gunnun So Kaunde An Palmok Makgi
	To end	Parallel ready stance		Left foot moves	Narani Junbi So



White Belt to Yellow Tag Sparring



Three Step Sparring – **Sambo Matsogi**

General Points

The attacker steps forward three times in a walking stance. The defender steps back three times in a walking stance. The pattern of the feet should go, attackers foot outside, inside, outside.

Line up by:

Attacker placing front foot of walking stance parallel to defenders foot while in Parallel Ready Stance for partners of the same height.

If the attacker is taller then the walking stance should be in front of the defender (toes of walking stance next to toes of defenders foot while in Parallel Ready Stance.

If the attacker is shorter then the walking stance should be to the back of the defender (heel of front foot in walking stance next to heel of defenders foot while in Parallel Ready Stance.

Attacker kihaps when ready to attack, the defender then kihaps when ready.

Footwork

Attacker: steps forward into right walking stance.

Defender: steps back into a left walking stance.

Attacker: steps forward into a left walking stance.

Defender: steps back into a right walking stance.

Attacker: steps forward into a right walking stance.

Defender: steps back into a left walking stance.

Semi Free Sparring – **Banjayu Matsogi**

Ready position for both attacker and defender move right leg back to L-stance forearm guarding block.

Attacker kihaps when ready to attack, the defender then kihaps when ready.

Attacker: steps forward with three kicks and finishes in guarding block

Defender: steps back blocking or moving out the way of the kicks. Counters with a kick and lands in forearm guarding block. Kihap on finish.