



BURNTWOOD & CANNOCK TAE KWON DO TIGERS

10th KUP WHITE BELT GRADING SHEET

PRACTICAL

Line up in front of the Master in attention stance

Come to attention and bow

Say your name then 10th Kup Sir holding up your right hand

Sitting stance 10 punches

10 press ups

Leg raise exercise 5 times each leg in walking stance

Low block pattern to the count

LINE WORK

Forwards in walking stance middle punch

Back in walking stance middle block

Forwards in walking stance middle punch

Back in walking stance low block

THEORY

Question:

What does Tae Kwon Do mean

Name 3 stances

What is stance in Korean

What is block in Korean

What is punch in Korean

What is the name of the training hall

Answer:

Foot fist art

Walking sitting & ready stance

Sogi (soggy)

Makgi (mackie)

Jirugi (jer-oo-gee)

Dojang (doe-jang)

REMEMBER!

No talking in line or at the back of the Dojang.

No running around before the grading, just practice.

Call your instructor Master and any black belts Sir if male or Mamm if Female.

When you leave, leave quietly.