BURNTWOOD AND CANNOCK TAEKWONDO

10th Kup White Belt Grading Sheet

PRACTICAL

Sitting stance, 10 punches
5 front rising kicks in walking stance, both legs
10 press ups
SAJU JIRUGI (4 directional punching),

LINE WORK

Forward – Middle punch walking stance
Backward – Middle block walking stance
Forward – Middle block reverse punch combination walking stance
Backward – Low block walking stance

THEORY

Meaning of White Belt

The meaning of white belt signifies innocence, as that of a begging student who has no knowledge of Tae Kwon Do.

The 5 Tenets of Tae Kwon Do

Courtesy
Integrity
Perseverance
Self control
Indomitable spirit

Stances

Attention stance	Charyot sogi
Parallel ready stance	Narani junbi sogi
Sitting stance	Annun sogi
Walking stance	Gunnun sogi

Blocks

Low section outer forearm block	Najunde bakat palmok makgi
Middle section inner forearm block	Kaunde an palmok makgi

Attacks

Forefist punch	Ap joomak jirugi
Forefist obverse punch	Ap joomak bara jirugi
Forefist reverse punch	Ap joomak bandae jirugi

Miscellaneous

Foot Fist Art	Tae Kwon Do
High	Nopunde
Middle	Kaunde
Low	Najunde

IMPORTANT – REVISE PREVIOUS SHEET