BURNTWOOD AND CANNOCK TAEKWONDO 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 and 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
SAJU JIRUGI to the count and in your own time

LINE WORK

Forwards in walking stance middle punch
Backwards in walking stance middle block
Forwards in walking stance middle punch
Backwards in walking stance low block

THEORY

Question:	**Answer:**
What does Tae Kwon Do mean?	Foot fist art
Name 3 stances.	Walking, sitting & ready stance
What is stance in Korean?	Sogi (soggy)
What is block in Korean?	Makgi (mackie)
What is punch in Korean?	Jirugi (jer-oo-gee)
What is the name of the training hall?	Dojang (doe-jang)

REMEMBER!

No talking in line or at the back of the Dojang.
No running around before the grading, just practise.
Call your instructor Sir or Master.
Call any black belts Sir if they're male or Mamm if they're female.
When you leave, leave quietly.