



**Technical**

Identify the following parts of the body: Forefist, Knifehand, Inner Forearm, Outer Forearm and Front sole

Name and demonstrate the following stances: Attention, Parallel, Sitting and Walking

Identify and understand the difference between High, Middle and Low Sections and High, Middle and Low Levels

Understand and correctly perform the following defensive techniques:

Outer Forearm Block, Inner Forearm Block, Knifehand Block, Obverse Block, Reverse Bock and Front Rising Kick

Understand and correctly perform the following offensive techniques: Front Punch, Obverse Punch and Reverse Punch

**Theory**

Understand the meaning and interpretation of the words Tae, Kwon and Do

Have a brief understanding of the origins of Tae Kwon Do. Know the name of your association

Know and understand the Tenets of Tae Kwon Do. (It is not important to know the Korean terminology)

Know the International Tae Kwon Do oath

Know the different instructor grades

Count up to 10 in Korean

**Grading Requirements**

Perform 10 single middle front punches (in parallel stance)

Perform 10 front rising kicks (from walking stance)

Perform 10 push ups (it is usual for male students over 16 to performs push ups on he correct forefist i.e. the first two knuckles only)

Forward stepping walking stance, middle front punch

Backward stepping walking stance inner

**Requirements:**

- Parallel Stance Punch (10 times)
- Front Rising Kick (10 times each leg)
- Saju Jirugi
- Saju Makgi
- Press Ups (10)
- Walking Stance Front Punch (moving forward 4 times)
- Walking Stance Middle Block (moving back 4 times)
- Walking St. Mid. Block Reverse Punch (moving forward 4 times)
- Terminology & History

English - Korean Dictionary			
General			
Training Hall	Dojang	Attention	Charyot
Bow	Kyong Ye	Uniform	Dobok
Return to Ready Position	Parro	Relax	Swiyo
Stance	Sogi	Block	Makgi
Punch	Jirugi		
Stances			
Attention Stance	Charyot Sogi	Parallel Stance	Narani Sogi
Parallel Ready Stance	Narani Junbi Sogi	Walking Stance	Gunnun Sogi
Hand & Foot Parts			
Forefist	Ap Joomuk	Knifehand	Sonkal
Outer Forearm	Bakat Palmok	Inner Forearm	An Palmok
Ball of the Foot	Ap Kumchi		
Sections of the Body			
Low (below the navel)	Najunde	Middle (navel to shoulder)	Kaunde
High (shoulder to eye level)	Nopunde		
Defending Techniques			
Knifehand Low Block		Sonkal Najunde Makgi	
Outer Forearm Low Block		Bakat Palmok Najunde Makgi	
Inner Forearm Middle Block		An Palmok Kaunde Makgi	
Outer Forearm Rising Block		Bakat Palmok Chookyo Makgi	
Front Rising Kick		Ap Cha Olligi	
Attacking Techniques			
Parallel Stance Front Punch		Narani So Ap Jirugi	
Walking Stance Obverse Punch		Gunnun So Baro Jirugi	
Walking Stance Reverse Punch		Gunnun Do Bandae Jirugi	

**General Information & History**

- Taekwon-Do literally means the 'Art of Hand and Foot'. Tae means Foot Kwon means Hand Do means Art or Way.
- Founder of Taekwon-Do General Choi Hong Hi, 9th Degree Grandmaster (11th April 1955)

forearm middle block

Forward stepping and backward stepping, inner forearm middle block followed by a middle reverse punch

Four direction punch exercise

General theory questions

**Theory Questions**

1) What martial art are you learning?

2) Who was the founder of Taekwon Do?

3) Who is your instructor and what is your instructors grade?

4) What are the five tenets of Taekwon Do?

5) What do the words Tae Kwon Do mean?

6) Name and demonstrate four stances you have learnt so far

7) Name the following in Korean:

a) Forefist      b) Outer forearm

c) Inner forearm    d) Knifehand

e) Middle section    f) Middle level

8) Describe a reverse punch

9) Why are you learning Tae Kwon Do?

- ITF. stands for: International Taekwon-Do Federation
- Founder of ITF. General Choi Hong Hi, 9th Degree Grandmaster (22nd March 1966)

**Meaning of White Belt:**

White signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-Do.

**TENETS OF TAEKWON-DO:**

- COURTESY
- INTEGRITY
- PERSEVERANCE
- SELF CONTROL
- INDOMITABLE SPIRIT

Below are some sample questions of what you may be asked to either answer or perform in grading.