



Grading Syllabus - 10th Kup (white belt) to 9th Kup (Yellow stripe)

You will be required to perform the following exercises consistently and accuracy as instructed.

1. Sitting Stance Single Punch
2. Leg raising exercises (10 on each leg)
3. Press ups (10)
4. Walking Stance Middle Punch
5. Walking Stance Low Block
6. Walking Stance Middle Block
- 7 4 directional punching (1 and 2) Right and Left
8. Pad work - turning kicks

Stances must be of the required distance. Correct weight distribution should be maintained at all times. Particular attention will be paid to both hand positions and body alignment. Confidence and attitude will also be considered during the grading.

Always address the instructor and the grading examiner as "Sir".

In addition to being able to count up to 10 in Korean, you will also be expected to answer up to 5 questions from the following correctly:

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|--|---------------------------------------|-------|--------------------|
| 1. What is the name of your instructor | Mr Gary Foster 5 th Dan | | |
| 2. What is block in Korean? | Makgi (Mack-ee) | | |
| 3. What is stance in Korean? | Sogi (Sogg-ee) | | |
| 4. What is kick in Korean? | Chagi (Chagg-ee) | | |
| 5. What is punch in Korean? | Jirugi (Jeer-oog-ee) | | |
| 6. What is attention stance in Korean? | Charyot Sogi (Charry-ott Sogg-ee) | | |
| 7. What is ready position in Korean? | Chunbi Sogi (Chun-bee Sogg-ee) | | |
| 8. What is return to ready in Korean? | Barrol (Bah-roll) | | |
| 9. What is training hall in Korean? | Dojang (Doh-Jang) | | |
| 10. What is sitting stance in Korean? | Annun Sogi (Ah-nun Sogg-ee) | | |
| 11. What is low block in Korean? | Najunde Makgi (Nah-Jund-ay Makk-ee) | | |
| 12. What is middle block in Korean? | Kaunde Makgi (Kai-und-ay Mack-ee) | | |
| 13. What country does TKD come from? | Korea | | |
| 14. What is the meaning of white belt? | Innocence, no knowledge of Taekwondo | | |
| 15. What is the association you belong to? | T.S.A. (Taekwondo Sports Association) | | |
| 16. What is reverse punch in Korean? | Bandae Jirugi (Band-eye Jeer-oog-ee) | | |
| 17. What is bow in Korean? | Kyong ye (Kee-yong Yay) | | |
| 18. What is front kick in Korean? | Ap Chagi (App Chagg-ee) | | |
| 19. What is turning kick in Korean? | Dollyo Chagi (Doll-ee-oh Chagg-ee) | | |
| 20. What is walking stance in Korean? | Gunnun Sogi (Gunn-un Sogg-ee) | | |
| 21. Korean Numbers | | | |
| One | Hana (Ha-nah) | Six | Yeoseot (Yah-sutt) |
| Two | Dul (Dool) | Seven | Ilgop (ill-gopp) |
| Three | Set (Sett) | Eight | Yeodeol (Yah-dull) |
| Four | Net (Nett) | Nine | Ahop (Ah-hopp) |
| Five | Daseot (Dah-sutt) | Ten | Yeol (Yull) |