

# 10th Kup (White Belt) Theory Work

## GENERAL TERMS

Left  
Right  
Training Hall  
Training Suit  
Instructor  
Belt  
Student  
Press ups

## COMMANDS

Attention  
Bow  
Ready  
Start  
Stop  
Return to ready stance  
Dismiss  
Forwards  
Backwards  
About Turn

## COUNTING

one  
two  
three  
four  
five  
six  
seven  
eight  
nine  
ten

## BODY SECTIONS

Low  
Middle  
High

## PARTS OF THE BODY

Forefist  
Forearm  
Inner Forearm  
Outer Forearm  
Knifehand

## GENERAL TERMS

WEN  
ORUN  
DOJANG  
DOBOK  
SABUM  
TI  
JEJA  
MOMTONG BACHIA

## COMMANDS

CHARYOT  
KYONG-YE  
CHUNBI  
SI-JAK  
GOMAN  
BARROL  
HAESSEN  
APRO KAGGI  
DWIYRO KAGGI  
DWIYRO TORRO

## COUNTING

HANNA  
DOOL  
SETH  
NETH  
DASUAL  
YASUAL  
ILGOP  
YODOLL  
AHOP  
YOLL

## BODY SECTIONS

NAJUNDE  
KAUNDE  
NOPUNDE

## PARTS OF THE BODY

AP JOOMUK  
PALMOK  
AN PALMOK  
BAKAT PALMOK  
SONKAL

# 10th Kup (White Belt) Theory Work Cont.d

## DEFENSIVE MOVES

Inner Forearm Block  
Outer Forearm Block  
Knifehand Block  
Front Rising Kick  
Side Rising Kick

## OFFENSIVE MOVES

Obverse Punch  
Reverse Punch

## EXERCISES

Four Directional Punch  
Four Directional Block

## STANCES

Attention Stance  
Parallel Stance  
Sitting Stance  
Walking Stance

## 10<sup>TH</sup> KUP Questions

**Name the founder of Taekwon-Do?**

Major General Choi Hong Hi 9th Degree

**Name the tenets of Taekwon-Do?**

Courtesy  
Integrity  
Perseverance  
Self Control  
Indomitable Spirit

**Who is the grading examiner?**

Mr Gary Bradshaw 6th Degree or  
Mrs Elaine Bradshaw 4th Degree

**What does Tae mean?**

To jump, kick or smash with the foot

**What does white signify?**

White signifies the beginning student who has no previous knowledge of TaeKwon Do

**What is the TaeKwon-do oath?**

I shall observe the tenets of Taekwon-Do  
I shall respect the instructor and seniors  
I shall never misuse Taekwon-Do  
I shall be a champion of freedom and justice  
I shall build a more peaceful world

## DEFENSIVE MOVES

AN PALMOK MAKGI  
BAKAT PALMOK MAKGI  
SONKAL MAKGI  
AP CHAOLLIGI  
YOP CHAOLLIGI

## OFFENSIVE MOVES

BARO JIRUGI  
BANDAE JIRUGI

## EXERCISES

SAJO JIRUGI  
SAJO MAKGI

## STANCES

CHARYOT SOGI  
NARANI SOGI  
ANNUN SOGI  
GUNNON SOGI