

10th Kup (White Belt) - 9th Kup (Yellow Tag) Grading Information

(Korean terms are bracketed and in italics)

Pronunciations are in **bold** where they differ from the spelling

Required Theory:

Instructor (*Sabum*) -Master Tony Sewell, 7th Dan Black Belt (*3 times World Champion*)

Style (*Tae-Kwon-Do*) -(literally means 'art/way of hand and foot')

Organisation -Global Tae-Kwon-Do International (*G.T.I*)

Founder -General Choi Hong Hi, 9th Dan Black Belt

Founded on -11th April 1955

Student -(*Jeja*)

Training Hall -(*Dojang*)

Training Suit -(*Dobok*)

Belt -(*Ti*)

Tenets of TKD:

-Courtesy -Integrity -Perseverance -Self Control -Indomitable Spirit

(Easier to remember if you think- C.I.P.S.I)

Significance Of Belt Colours:

-White is the symbol of innocence and a lacking of any former knowledge of TKD

-Yellow is the earth upon which the foundation of knowledge of TKD can be built

Movements:

Attention -(*Cheriot*) **Chariot**

Bow -(*Kyong Yae*) **Kyong Yay**

Ready stance -(*Junbi*) **Chun-bay**

Required Exercises:

4 Directional Punching -(*Saja Jirugi*) -No.1 (low block) & No.2 (middle block)

10 Press Ups -(Preferably on your index and middle finger's knuckles)

Walking stance middle block 3 step No. 1

Sitting stance, single punch

Middle block reverse punch

Lower outer forearm block

Rising block

Students must have a current G.T.I. license the minimum training period form white belt to yellow tag is 3 month anyone who does not attend this period of time and does not hold a current license will be refused permission to grade and train.