

Heart of England Taekwon-do

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

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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

10TH KUP Questions

Name the founder of Taekwon-Do?

Name the tenets of Taekwon-Do?

Who is the grading examiner?

What does Tae mean?

What does white signify?

What is the TaeKwon-do oath?

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

Major General Choi Hong Hi 9th Degree

Courtesy
Integrity
Perseverence
Self Control
Indomitable Spirit

Mr Gary Bradshaw 6th Degree or
Mrs Elaine Bradshaw 5th Degree

To jump, kick or smash with the foot

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

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