

White Belt 10th Kup

The Founder

General Choi Hong Hi - 1955

TaeKwon-Do

Tae- means 'Foot' used to jump, kick or smash.

Kwon - means 'Fist', chiefly to punch or destroy.

Do- means 'Art or Way'.

The 5 Tenets of Tae Kwon-do:

Courtesy Integrity Perseverance Self Control Indomitable Spirit

The meaning of white:

White signifies innocence, that the student is a beginner who has no previous knowledge of Tae Kwon-Do

Saju-Jirugi: is a four directional punch and block exercise.

No of movements: 15

Counting

- 1 Hana
- 2 Tuhl
- 3 Set
- 4 Net
- 5 Tasot
- 6 Yasot
- 7 Ilgop
- 8 Yodul
- 9 Ahop
- 10 Yol

Commands

Attention	Charyot
Bow	Kyong ye
Start	Si Jak
Return to Ready	Baro
Press ups	Momtong Bachim

Additional

High Section	Nopunde
Middle Section	Kaunde
Low Section	Najunde
Training Hall	Dojang
Training Suit	Dobok
Belt	Ti
Instructor	Sabum

Saju Jirugi ~ Four Directional Punching

Raise left hand

Walk forwards with right foot and punch with right hand.

Look at your watch.

Twist feet to left and block (left foot is forward, left arm blocking over front leg).

Straighten blocking arm out, walk forwards and punch (right leg forwards, right hand punching).

Look at your watch.

Twist feet to left and block (left foot is forward, left arm blocking over front leg).

Straighten blocking arm out, walk forwards and punch (right leg forwards, right hand punching).

Look at your watch.

Twist feet to left and block (left foot is forward, left arm blocking over front leg).

Straighten blocking arm out, walk forwards and punch (right leg forwards, right hand punching).

Leave the right arm out and straighten up to the front.

Walk forwards with left foot and punch with left hand.

Look at your watch.

Twist feet to right and block (right foot is forward, right arm blocking over front leg).

Straighten blocking arm out, walk forwards and punch (left leg forwards, left hand punching).

Look at your watch.

Twist feet to right and block (right foot is forward, right arm blocking over front leg).

Straighten blocking arm out, walk forwards and punch (left leg forwards, left hand punching).

Look at your watch.

Twist feet to right and block (right foot is forward, right arm blocking over front leg).

Straighten blocking arm out, walk forwards and punch (left leg forwards, left hand punching).

Kihap

White Belt

STANCES

Stance	Sogi
Attention Stance	Charyot Sogi
Ready Stance	Junbi Sogi
Parallel Ready Stance	Narani Junbi Sogi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi
Block	Makgi
Punch	Jirugi
Kick	Chagi
Rising Kick	Ap Cha Olligi