



Grading Requirements



10th Kup (White Belt) to 9th Kup (Yellow Tip)

Theory

White represents innocence, as the beginner has no knowledge of Tae kwon-do.
Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being laid.

5 tenets of Tae kwon-do: Courtesy, Integrity, Perseverance, Self-control, Indomitable spirit

Foot fist art	Tae kwon-do	Bow	Kun yin
Training hall	Dojang	Begin	Si jak
Training uniform	Dobok	End	Goman
Belt	Ti	Shout	Kihap
Stance	Sogi	Block	Maki
Attention [stance]	Chariot [sogi]	Punch	Jirugi
Ready [stance]	Chunbi [sogi]	Kick	Chagi
Horse-riding stance	Kemo sogi	Forearm	Palmok
Return to ready	Barro	Line Up	Chul Sa

Hyung

- Sajo Jirugi (4 directional punch)
- Sajo Maki (4 directional block)

New Techniques

Blocks

- Lower Block Hardan marki
- Upper Block Chukyu marki
- Inner Forearm Block An marki
- Guarding Block Daebi marki

Strikes

- Mid-section punch Chungdan jirugi

Kicks

- Front Kick Ap Chagi
- Side Kick Yop Chagi
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Sparring

- No sparring requirement