



## 10th gup White –9th gup High White Belt Training Sheet

### Definitions

#### *Tenets of Taekwon-Do (all students must learn)*

Courtesy  
Integrity  
Perseverance  
Self Control  
Indomitable Spirit

#### *American Flag Definition*

The 50 stars represent the 50 states. The 13 stripes represent the 13 original colonies. Red stands for “hardness and courage.” White stands for “innocence and purity.” Blue stands for “vigilance, justice, and perseverance.”

#### *Korean Words Used in Class*

Cha-ryut: Attention  
Kyung-nea: Bow  
Shijak: Begin  
Ba-ro: Recover  
Shi-ro: At ease  
Doman: Stop  
Tul: pattern

### Kicks and Foot Techniques

- Front kick with the instep (top arch) of foot. Know foot posture for a front kick with the instep
- Turning (roundhouse) kick, also with top of foot (this is a front kick that is “turned” to strike the target at a right angle)
- Downward (axe) kick, which strikes with the back of the heel
- Hand Techniques (in front stance, stepping)
- Front punch
- Low block
- High block
- Middle block
- Making a proper fist

### Stances

Front stance (includes turning using a box turn)  
Horse riding stance

### Patterns

#### *Kibon #1*

1. Step into a horse riding stance.
2. Perform low block with left hand.
  - 2a. Repeat on right side.
3. Perform middle block with left hand.
  - 3a. Repeat on right side.
4. Perform high block on left side.
  - 4a. Repeat on right side.
5. Perform left punch, perform right punch.

### Technical Knowledge

Purpose of the American and South Korean flags in the dojang  
Definition of the American flag  
Purpose of bowing in class (to show respect for studio, flags and instructors)  
Ki-up—why we do it (to warn our opponent, to show we are breathing, and to improve our power)  
Martial arts style that we train in (Taekwon do)  
Origin of Tae Kwon Do (South Korea)  
5 tenets of Tae Kwon Do

### Self Defense

Wrist release and push