

Junior 10th Kup – White Belt

Grading Syllabus

Parallel Stance Single Punch

Front Rising Kick

Press ups

Walking Stance Front Punch

Walking Stance Rising Block

Walking Stance Low Block

Walking Stance High Block

Front Kick

L Stance Double Punch

Stranger Drills (No's 1 / 2 / 3)

Theory questions:

What is Front Kick called ?

Ap Chagi

What is Front Punch called ?

Ap Jirugi

What is Walking Stance called ?

Gunnun Sogi

Stranger Awareness Drills (Juniors Only)

1. Observation

Walk past a static stranger who says nothing, keep glancing at stranger, to make sure not being followed.

2. Talking Stranger (e.g. Whats the time?)

Walk past a static stranger who asks a question, raise hands and say 'No'.

Keep walking, glance back to make sure not being followed.

3. Persistent Stranger (e.g Offer sweets / can you help me find my dog?)

Walk past a stranger coming forwards, who asks a question, raise hands and say 'No', stranger persists, then **SHOUT LOUD** 'STRANGER', continue until threat is gone.

NOTE: Avoid running if possible, be aware of stranger and surroundings (roads etc.).

Conduct in the Dojang (Training Hall)

Every student must observe the following conduct in the Dojang in order to maintain an orderly and effective training hall.

- Bow upon entering
- Bow to instructor upon forming a line prior to training
- Bow to the instructor upon forming a line prior to dismissal
- Bow before leaving the Dojang

Rules of the Dojang

- No smoking inside the Dojang
- No gum chewing
- No jewellery may be worn during classes, new piercings must be taped
- No shoes to be worn in the Dojang, unless permission given by instructor
- Students should never leave class for a break, water or an early dismissal without permission
- Never lose your temper in the Dojang – especially during sparring
- Never lean on walls or lay spread out on the floor unless while exercising
- Students must keep finger and toenails clipped short and clean
- Keep your uniform clean at all times
- No horse-play, whistling or loud talking in the Dojang
- No talking in class except to ask a question
- Before asking a question raise your right hand to attract the instructors attention
- While in the Dojang, always address the instructor as Sir / Miss or Mr / Mrs using the instructors surname
- Students should behave in a disciplined manner while training
- Respect all members
- While fixing your Dobok or Belt do not face your instructor
- Any student that is late for class must get the instructors permission and bow to the instructor before joining the class

General Terms

Training Hall	-	Dojang
Training Suit	-	Dobok
Belt	-	Ti
Instructor	-	Sabum
Student	-	Jeja

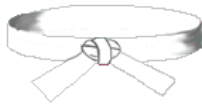
Commands

Attention	-	Charyot
Bow	-	Kyong-Ge
Ready	-	Chunbi
Start / Go	-	Si-Jak
Return to Ready Stance	-	Barrol

Counting

One	-	Hanna
Two	-	Dool
Three	-	Seth
Four	-	Neth
Five	-	Dasaul
Six	-	Yasaul
Seven	-	Ilgop
Eight	-	Yodoll
Nine	-	Ahop
Ten	-	Yoll

Belt Sequence



White Belt (10th Kup)



White Belt / Yellow Stripe (9th Kup)



Yellow Belt (8th Kup)



Yellow Belt / Green Stripe (7th Kup)



Green Belt (6th Kup)



Green Belt / Blue Stripe (5th Kup)



Blue Belt (4th Kup)



Blue Belt / Red Stripe (3rd Kup)



Red Belt (2nd Kup)



Red Belt / Black Stripe (1st Kup)

For juniors there are two additional grades between white belt (10th Kup) and white belt / yellow stripe (9th Kup).

These grades are:

Dragon 1 – White Belt / Purple Stripe

Dragon 2 – White Belt / Orange Stripe

The reason for these two additional grades is to enable juniors to have more time on building the foundations for success in Taekwon-Do.