



10th Kup White Belt

GRADING INFORMATION: A licence costs £42 for 12 months. You can do four gradings normally in the first year. Please ask for and complete a TAGB Licence Application form. The grading is £32. We will require 3 passport-size photos, for your licence application. Return the completed form, photos and money, no later than one week before grading. The White TAGB Dobok suits must be worn for grading - these can be purchased at £38 for sizes 2 and below, and £40 for sizes 3 and above.

PRACTICAL: Name is called: Shout "Here Sir/Ma'am!", and walk to the spot on the floor.
Stand still with hands held behind your back, attention and bow.
Give your name, followed by grade (10th Kup Sir/ma'am.)
4 Directional punching (saju jirugi)
No 1 Low Block No 2 Middle Block
Step to the left into a sitting stance measure with a single punch, 10 times single punch
Right leg back to walking stance, front leg raising exercise 10 times,
change to opposite leg 10 times
10 press ups
Step back with right leg into walking stance, low block
Stepping forwards in walking stance, single middle punch
Stepping backwards in walking stance, middle block reverse punch
Stepping forwards in walking stance, low block reverse punch
Attention bow, and leave the floor.

LISTEN to instructions as they may be done in any order.

THEORY: You will be asked any 3 questions from the following:

Name of training Suit? Dobok

Name of the training hall? Dojang

Instructor's name and grade? Sarah Ginger, 4th Degree,

Where does Tae Kwon Do come from? Korea,

Korean term for 4 directional punching? Saju jirugi

Meaning of white belt?

White belt signifies innocence, as that of a beginner student who has no previous knowledge of Tae Kwon Do.

Show striking parts of the hand and name them:

Ap Joomuk = Fore fist
Dung Joomuk = Back fist

5 Tenets of Tae Kwon Do:

Courtesy, Integrity, Perseverance, Self-control, Indomitable Spirit.

✉ sarah.ginger@gmail.com

☎ 07772 961086

🌐 sarahgingertaekwondo.com

Find us on  @SGTKD

