**GRADING INFORMATION 10th Kup White Belt**

**PRACTICAL:** Name is called: **Shout here Sir,** and walk to the 'T' mark on floor.

 Stand still with hands held behind back. Attention and bow.

Give your name, followed by grade (10th Kup Sir/ma’am.)

4 Directional punching (sajo jirugi )

No 1 Low Block No 2 Middle Block

Step to the left into 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.

Most important thing on a grading is to **LISTEN** to instructions as they may be done in any order.

**THEORY**

You will be asked any 3 questions from the following: Pronounce the words phonetically.

Name of training Suit? Dobok

Name of the training hall? Dojang

Instructor’s name and grade? Mr Philip Weston-Riley 6th Degree,

5 Tenants of Taekwondo Courtesy, Integrity, Perseverance, Self-control,Indomitable Spirit.

Meaning of white belt? White belt signifies innocence, as that of a beginner student who has no previous knowledge of Taekwondo.

Where does Taekwondo come from? Korea,

Korean term for 4 directional punching? Sajo Jirugi

Show striking parts of the hand and name them? Ap Joomuk = Fore fist
Dung Joomuk = Back fist

You will then be asked to stand to Attention, bow and leave the floor