

10th Kup Grading Card

STUDENT NAME	LICENCE EXPIRY DATE	LICENCE EXPIRY DATE
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In order to attain 10th Kup Yellow Class, the student must know the following:

- The 5 Tenets of Taekwon-Do (Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit)
- Count to Ten in Korean (hana, tol, set, net, tassa, yassa, ilhop, yodul, ahop, yawl)
- Taekwon-Do is a Korean Martial Art - Country : Korea

The Student successfully completed the above requirements on: _____ **by Examiner:** _____

In order to gain 10th Kup Green Class, the student must be able to demonstrate the following Stances (Sogi) to an acceptable level. The student should also know the correct weight distribution on each leg. Additional marks will be given if the Korean Terms are known:

- | | | |
|---------------------------|-------------------------------|------------------|
| • Parallel (Ready) Stance | Narani (Junbae) Sogi | Weight = 50 / 50 |
| • Attention Stance | Charyot Sogi | Weight = 50 / 50 |
| • Bowing Stance | Kyongae Sogi (Posture – Jase) | Weight = 50 / 50 |
| • Sitting (Ready) Stance | Annun (Junbae) Sogi | Weight = 50 / 50 |
| • Walking (Ready) Stance | Gunnun (Junbae) Sogi | Weight = 50 / 50 |

The Student successfully completed the above requirements on: _____ **by Examiner:** _____

In order to gain 10th Kup Blue Class, the student must be able to demonstrate the following Hand Techniques to an acceptable level. Additional marks will be given if the Korean Terms are known:

- | | |
|--------------------------|----------------------|
| • Middle (Obverse) Punch | Kaunde (Baro) Jirugi |
| • High Punch | Nopunde Jirugi |
| • Middle Block | Kaunde Maki |
| • Low Block | Najunde Maki |
| • Low Knife-hand Block | Najunde Sonkal Maki |
| • Middle Reverse Punch | Kaunde Bandae Jirugi |

The Student successfully completed the above requirements on: _____ **by Examiner:** _____

In order to gain 10th Kup Red Class, the student must be able to demonstrate the following to an acceptable level. Additional marks will be given if the Korean Terms are known:

- | | |
|-------------------------------|--------------|
| • Front Kick | Ap Chagi |
| • Front Rising Kick | Ap Cha Oligi |
| • 4-Directional Punch (Right) | Saju Jirugi |

The Student successfully completed the above requirements on: _____ **by Examiner:** _____

In order to gain the 10th Kup Black Class, the student must be able to demonstrate the following to an acceptable level. Additional marks will be given if the Korean Terms are known:

- | | | | |
|------------------------------|--|----------------------------|-------------|
| • Press-Ups x 5 | (Momtong Bachim) | Adults: First two knuckles | (Ap Joomuk) |
| • Middle Punch | Parallel Stance, Sitting Stance & Walking Stance | | |
| • Middle Block | Walking Stance | | |
| • Low Block | Walking Stance | | |
| • Low Knife-hand Block | Walking Stance | | |
| • Middle Block Reverse Punch | Walking Stance | | |

The Student successfully completed the above requirements on: _____ **by Examiner:** _____

In order to gain the 9th Kup Grade, the student must be able to demonstrate all of the above and the following Theory, Self Defence and Fundamental Exercises.

The Taekwon-Do Oath:

- I shall observe the Tenets of Taekwon-Do
- I shall respect my Instructor and Seniors.
- I shall never misuse Taekwon-Do
- I shall be a champion of freedom and justice
- I shall help build a more peaceful world

Significance of White Belt:

- Innocence, that of a beginner with no previous knowledge of Taekwon-Do.

The Founder of Taekwon-Do:

- Grandmaster General Choi Hong Hi IX Degree

Self-Defence:

- Release from single Wrist Grab (Attacker Right hand on Defender Right Wrist)

Physical:

- Press-ups x 10 Adults: Two Knuckles
- Star Jumps x 10

Pattern/Fundamental Movements:

- Four Directional Punch (Saju Jirugi): Both the Right side and Left.

The Student successfully completed the above requirements on: _____ **by Examiner:** _____