

Llangollen Tae Kwon-Do

10th Kup Grading Revision Sheet

Practical

Instructor to control count on all parts

1. Left leg & left hand out into Sitting Stance Punch x 10
2. Right leg back Front Rising Kick x 10 Right & Left Leg
3. 10 Press-ups
4. (Fwd & Back) Right leg forward 1st Walking Stance Middle Punch x 4
5. (On Spot) Walking Stance Low Block Reverse Punch x 4
6. (On Spot) Walking Stance Middle Block Reverse Punch x 4
7. Switch legs and repeat 5. & 6. With other leg in front
8. 4 Directional Punch Part 1 Right & Left Side with Low Section Outer Forearm Block
9. 4 Directional Punch Part 2 Right & Left Side with Middle Section Inner Forearm Block

Theory

Meaning Of White Belt

White signifies innocence, as that of a beginning student, who has no previous knowledge of Tae Kwon-Do

TAGB stands for Tae Kwon-Do Association of Great Britain

Tae Kwon-Do comes from Korea

Tenets Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

Llangollen Tae Kwon-Do Instructor Mr Roddie Milne 2nd Dan

01 (one)	Hanna	Front Rising Kick	Ap Chaolligi
02 (two)	Dool	High Section	Nopunde
03 (three)	Seth	Inner Forearm	An Palmok
04 (four)	Neth	Inner forearm block	An palmok makgi
05 (five)	Dasaul	Instructor	Sabum
06 (six)	Yosaul	Low Section	Najunde
07 (seven)	Ilgop	Middle Section	Kaunde
08 (eight)	Yodoll	Obverse punch	Baro jirugi
09 (nine)	Ahop	Outer Forearm	Bakat Palmok
10 (ten)	Yoll	Outer forearm block	Bakat palmok makgi
About turn	Dwiyro Torro	Parallel stance	Narani sogi
Attention	Charyot	Ready	Chunbi
Attention Stance	Charyot Sogi	Return to ready stance	Barrol
Backwards	Dwiyro Kaggi	Reverse punch	Bandae jirugi
Belt	Ti	Side rising kick	Yop chaolligi
Bow	Kyong Ye	Sitting Stance	Annun Sogi
Dismiss	Haessan	Start	Si-jak
Foot-Fist-Art	Tae Kwon-Do	Stop	Goman
Forearm	Palmok	Student	Jeja
Forefist	Ap Joomuk	Training Hall	Dojang
Four Directional Punch	Sajo Jirugi	Training Suit	Dobok
Fowards	Apro Kaggi	Walking Stance	Gunnun Sogi

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Sajo-Jirugi No1

Number of Movements: 15

Four directional punch

Starting Position: Parallel ready stance

1. Move right foot forward towards A to form right walking stance, perform obverse mid section punch
2. Bring right foot back to left then move right foot back to form left walking stance towards B, perform obverse low section outer forearm block
3. Move right foot forward towards B to form right walking stance, perform obverse mid section punch
4. Bring right foot back to left then move right foot back to form left walking stance towards C, perform obverse low section outer forearm block
5. Move right foot forwards towards C to form right walking stance, perform obverse mid section punch
6. Bring right foot back to left then move right foot back to form left walking stance towards D, perform obverse low section outer forearm block
7. Move right foot forward towards D to form right walking stance, perform obverse mid section punch
8. Bring right foot back to parallel ready stance towards A
9. Move left foot towards A to form left walking stance, perform obverse mid section punch
10. Bring left foot back to right, then move left foot back to form right walking stance towards D, perform obverse low section outer forearm block
11. Move left foot towards D to form left walking stance, perform obverse mid section punch
12. Bring left foot back to right then move left foot back to form right walking stance towards C, perform obverse low section outer forearm block
13. Move left foot towards C to form left walking stance, perform obverse mid section punch
14. Bring left foot back to right then move left foot back to form right walking stance towards B, perform obverse low section outer forearm block
15. Move left foot towards section B to form left walking stance, perform obverse mid section punch

End: Bring left foot back to parallel ready stance

Sajo-Jirugi No2

Number of Movements: 15

Four directional punch

Starting Position: Parallel ready stance

1. Move right foot forward towards A to form right walking stance, perform obverse mid section punch
2. Bring right foot back to left then move right foot back to form left walking stance towards B, perform obverse middle inner forearm block
3. Move right foot forward towards B to form right walking stance, perform obverse mid section punch
4. Bring right foot back to left then move right foot back to form left walking stance towards C, perform obverse middle inner forearm block
5. Move right foot forwards towards C to form right walking stance, perform obverse mid section punch
6. Bring right foot back to left then move right foot back to form left walking stance towards D, perform obverse middle inner forearm block
7. Move right foot forward towards D to form right walking stance, perform obverse mid section punch
8. Bring right foot back to parallel ready stance towards A
9. Move left foot towards A to form left walking stance, perform obverse mid section punch
10. Bring left foot back to right, then move left foot back to form right walking stance towards D, perform obverse middle inner forearm block
11. Move left foot towards D to form left walking stance, perform obverse mid section punch
12. Bring left foot back to right then move left foot back to form right walking stance towards C, perform obverse middle inner forearm block
13. Move left foot towards C to form left walking stance, perform obverse mid section punch
14. Bring left foot back to right then move left foot back to form right walking stance towards B, perform obverse middle inner forearm block
15. Move left foot towards section B to form left walking stance, perform obverse mid section punch

End: Bring left foot back to parallel ready stance

