



ITF Adult White Belt (10th Kup) Grading Syllabus

Theory

- 1. What is your Instructor's name and Grade?** – Mr Peter Hilditch 6th Degree or Dan
- 2. How do we make a fist?** – Describe and demonstrate
- 3. What country does Taekwon-Do come from?** – South Korea
- 4. What is your training suit called in Korean?** – Dobok
- 5. What is your belt called in Korean?** – Ti
- 6. What is the training hall called in Korean?** - Dojang
- 7. What are the five tenets of Taekwon-Do?** – Courtesy, Integrity, Perseverance, Self Control & Indomitable Spirit.
- 8. Who was the founder of Taekwon-Do and when?** – General Choi Hong Hi 9th Degree/Dan, founded on the 11th April 1955.
- 9. What does ITF stand for?** – International Taekwon-Do Federation.
- 10. Who is the President of the ITF?** – Grand Master Choi Jung Hwa, 9th Degree/Dan, son of the founder.
- 11. What Taekwon-Do association do we belong to?** – UK ITF
- 12. Who is the President of the UK ITF?** – Grand Master Trevor Nicholls 9th Degree/Dan
- 13. What is high, middle and low sections in Korean?** – Nopunde, Kaunde and Najunde.
- 14. Count to ten in Korean:** - (See below)
- 15. What is parallel, walking, & sitting stance in Korean?** – Narani sogi, Gunnon sogi and Annun Sogi.
- 16. What does the colour white signify?** – White signifies innocence, as that of the beginning student with no previous knowledge of Taekwon-Do.
- 17. How many moves in Sajo Jurugi & Sajo Makgi?** – 15 & 17.

18. What are the 5 tenets of Taekwon-do? Courtesy, Integrity, Perseverance, Self control and Indomitable spirit.

19. What is reverse and obverse in Korean? Bandoe (Reverse) Baro (Obverse)

20. Who is your grading examiner? – Mrs Sally Henley 5th Degree/Dan

21. What does Taekwon-Do mean in English? – Tae (Kick) Kwon (Punch) Do (Way or Art)

22. Name 2 blocks in Korean – An Palmok Makgi (inner forearm block) Bakat Palmok Makgi (outer forearm block)

Counting

1 : Hannah	2 : Dool	3 : Seth	4 : Neth	5 : Dasaul
6 : Yasaul	7 : Ilgop	8 : Yodoll	9 : Ahop	10 : Yoll

Korean Terms

General Terms		Commands		Body Sections		Stances	
English	Korean	English	Korean	English	Korean	English	Korean
Left	Wen	Attention	Charyot	Low	Najunde	Attention Stance	Charyot Sogi
Right	Orun	Bow	Kyong-Ye	Middle	Kaunde	Parallel Stance	Narani Sogi
Training hall	Dojang	Ready	Chumbi	High	Nopunde	Sitting Stance	Annun Sogi
Training suit	Dobok	Start	Si-Jak	Parts of the Body		Walking Stance	Gunnon Sogi
Instructor	Sabum	Stop	Goman	English	Korean	Exercise	
Belt	Ti	Return to ready stance	Barrol	Forefist	Ap Joomuk	English	Korean
Student	Jeja	Dismiss	Haessan	Knifehand	Sonkal	Four Directional Punch	Sajo Jirugi
Press-ups	Momtong Bachia	Forwards	Apro Kaggi	Forearm	Palmok	Four Directional Block	Sajo Makgi
		Backwards	Dwiyro Kaggi	Outer Forearm	Bakat Palmok		
		About Turn	Dwiyro Torro	Inner Forearm	An Palmok		

Defensive Moves		Offensive Moves	
English	Korean	English	Korean
Inner Forearm Block	An Palmok Makgi	Obverse Punch	Baro Jirugi
Outer Forearm Block	Bakat Palmok Makgi	Reverse Punch	Bandae Jirugi
Knifehand Block	Sonkal Makgi		
Front Rising Kick	Ap Chaolligi		

DAWLISH

Dawlsh College, Elm Grove Road, Dawlish, EX7 0BY

Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

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