



# ITF Junior White Belt (10th Kup) Grading Syllabus

## Theory

1. How do we make a fist? – Describe and demonstrate
2. Which part of the fist do we use to punch? – Demonstrate
3. What country does Taekwon-Do come from? – South Korea
4. What is your instructor's name and grade? – Mr Peter Hilditch 6th Degree or Dan
5. What Taekwon-Do club do you train at? – Teignbridge Taekwon-Do Academy
6. What are the five tenets of Taekwon-Do? – Courtesy, Integrity, Perseverance, Self Control & Indomitable Spirit.

## Counting

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

### DAWLISH

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

#### Mondays

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

#### Wednesdays

- 6pm - 6.45pm ~ Adult Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (studio)
- 7pm - 8pm ~ All Juniors
- 8pm - 9pm ~ Adults

### TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

#### Fridays

- 7pm - 8pm ~ All Juniors
- 8pm - 9pm ~ Adults

### CONTACT

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