

10th kup Theory Summary

<p>White - signifies innocence, as the beginner has no previous knowledge of Taekwon-Do</p>		<p>Taekwon-Do originated in Korea with official recognition given on the 11th April 1955.</p>	
<p>Tae: to strike, smash or destroy with the <u>foot</u> Kwon: to strike, smash or destroy with the <u>hand</u> Do: way of life/art</p>		<p>The father and founder of Taekwon-Do was Grand Master General Choi Hong Hi 9th (IX) Degree (1918 – 2002).</p>	
<p>The Oath</p>		<p>The Tenets</p>	
<ol style="list-style-type: none"> 1. I shall observe the tenets of Taekwon-Do 2. I shall respect my instructors and seniors 3. I shall never misuse Taekwon-Do 4. I shall be a champion of freedom and justice 5. I shall build a more peaceful world 		<ol style="list-style-type: none"> 1. Courtesy (Ye Ui) 2. Integrity (Yom Chi) 3. Perseverance (In Nae) 4. Self-Control (Guk Gi) 5. Indomitable Spirit (Baekjook Boolgool) 	
<p>Exercises</p>		<p>Numbers</p>	
<p>4-directional punch (saju jirugi) 4-directional block (saju makgi) ※ N.B. Saju jirugi and saji makgi are not patterns</p>		<p>One (Hana) Two (Dool) Three (Set) Four (Net) Five (Tasot)</p>	<p>Six (Yasot) Seven (Ilgop) Eight (Yadul) Nine (Ahop) Ten (Yul)</p>
<p>Technique Terminology</p>			
<p>General</p> <ul style="list-style-type: none"> • Punch – Jirugi • Block – Makgi • Kick – Chagi • Stance – Sogi <ul style="list-style-type: none"> ○ Walking stance – Gunnun sogi ○ Sitting stance – Annun sogi ○ Parallel ready stance – Narani junbi sogi ○ Attention stance – Charyot sogi 		<p>Techniques</p> <ul style="list-style-type: none"> • Middle obverse punch – Kaunde baro jirugi • Middle inner forearm block – Kaunde an palmok makgi • Low outer forearm block – Najunde bakat palmok makgi • Low knife-hand block – Najunde sonkal makgi • Front snap kick – Ap cha busigi • Front rising kick – Ap cha olligi 	
<p>Tools</p> <ul style="list-style-type: none"> • Forefist – Ap joomuk • Inner forearm – An palmok • Outer forearm – Bakat palmok • Knife-hand – Sonkal 			
<p>Sections</p> <ul style="list-style-type: none"> • Low – Najunde • Middle – Kaunde • High - Nopunde 		<p>Misc</p> <ul style="list-style-type: none"> • Training hall – Dojang • Taekwon-Do suit – Dobok • Belt – Ti 	
		<p>Commands</p> <ul style="list-style-type: none"> • Attention – Charyot • Bow – Kyong-ye • Ready – Junbi • Start – Si-jak • Stop – Goman 	