


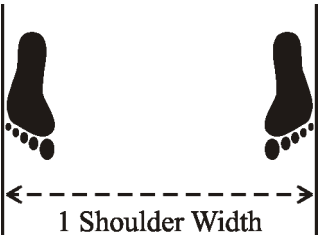
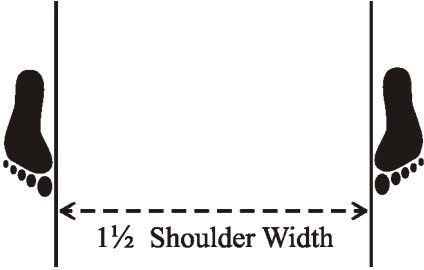
### 10<sup>TH</sup> KUP GRADING REQUIREMENTS

Physical Performance:	
Punching	Moving left leg into sitting stance and extending left fist: 10 single punches, counting .
Push ups	10 Push-ups using fore-fist, counting. Women and under 16's, palms.
Front Leg Raising Exercise	Taking the right leg back to form a left walking ready stance: 10 front leg rising exercises (counting) with right leg and then with left leg.
Four Direction Punch	Four-direction punching, commencing with right walking stance, using low section outer forearm block and middle section obverse punch (shouting on completion).
Basic Movements Forward	Moving forwards in walking stance with middle section inner forearm outward block (4 times).
Combination Movements Backward	Moving Backwards in walking stance with middle section inner forearm outward block, followed by middle section reverse punch using knee spring on second technique.

Theory:	
1	Founder of Tae Kwon-Do (Chang Si Ja) – Check Spelling !!!: General Choi Hong Hi 9th Dan.
2	Instructors Name & Rank: Mr. C. JOANNOU 4 <sup>th</sup> DAN
3	Worldwide Inauguration of Tae Kwon Do: 11th April 1955.
4	Inaugural date of BUTF: 1st of March, 1988.
5	BUTF stands for : British United Tae Kwon-Do Federation
6	Tae Kwon-Do means art of hand and foot.  Tae: Foot Kwon: Hand Do: Art of

Theory : (Continued)					
7	Counting using terminology:				
	1 – Hana	6 – Yusut	11 – Yaul-Hana	16 – Yaul-Yusut	The Word for 30 is Soran.  To continue counting ask instructor.
	2 – Dool	7 – Ilgop	12 – Yaul-Dool	17 – Yaul-Ilgop	
	3 – Set	8 – Yaudul	13 – Yaul-Set	18 – Yaul-Yaudul	
	4 – Net	9 – Ahop	14 – Yaul-Net	19 – Yaul-Ahop	
	5 – Tasut	10 – Yaul	15 – Yaul-Tasut	20 – Sumul	
8	Meaning of colour white:  Innocence, a beginner who has no knowledge of Tae Kwon-Do.				
9	Terminology for				
	Left: Wen	Right: Orun	Obverse Baro	Reverse: Bandae	
10	5 Tenet's of Tae Kwon-Do				
	Courtesy: Ye Ui	Integrity: Yom Chi	Perseverance: In Nae	Self Control: Guk Gi	Indomitable Spirit: Baekjul Boolgool
11	Terminology for :				
	Fore-fist: Ap Joomok	Inner forearm: An Palmok	Outer Forearm: Bakat Palmok.		
12	Punching:  Jirugi. (Both fists should aim for one target, central to both shoulders)				
13	Middle section punch is shoulder height.				
14	4 Direction punch:  Saju Jirugi . (Not a pattern)				
15	Blocking: Makgi.  Middle section inner forearm block: Kaunde An Palmok Makgi (Blocking arm starts from UNDER the reaction hand)  Low section outer forearm block Najunde Bakat Palmok Makgi (Blocking arm starts from ABOVE the reaction hand)				

Theory : (Continued)

<p>16</p>	<p>Charyot Sogi (Attention Stance)</p> <p>Feet are turned outward to form an angle of 45°. Heels touch. Soles of both feet are flat on the ground.</p>	
<p>17</p>	<p>Narani Sogi (Parallel Stance)</p> <p>Length: None.</p> <p>Width: 1 shoulder wide. (Measurement is taken from the footswords of both feet)</p> <p>Soles of both feet are flat on the ground.</p>	
<p>18</p>	<p>Annun Sogi (Sitting Stance)</p> <p>Length: None</p> <p>Width: 1½ shoulders wide. (Measurement is taken from the reverse footswords of BOTH feet which are formed parallel to each other)</p> <p>Weight: 50% Weight is distributed on the left leg. 50% Weight is distributed on the right leg.</p> <p>Knees of both legs are opened outwards and bending until the kneecaps are over the ball of each foot. Soles of both feet are flat on the ground.</p>	
<p>19</p>	<p>Gunnun Sogi (Walking Stance)</p> <p>Length: 1½ shoulders wide. (Measurement is taken from the tips of the toes of BOTH feet)</p> <p>Width: 1 shoulder wide. (Measurement is taken from the centre of the instep of one foot to the centre of the instep of the other)</p> <p>Weight: 50% Weight is distributed on the front leg. 50% Weight is distributed on the rear leg.</p> <p>Toes of the front foot are turned at an angle of 15° inwards. Toes of the rear foot are turned at an angle of 25° outwards. Knee of the front leg is bent, until the kneecap forms a vertical line with the heel. Knee of the rear leg is locked. Soles of both feet are flat on the ground. Front leg indicates whether it is a right or left Walking Stance.</p>	