

GRADING REQUIREMENTS FOR 10TH KUP WHITE BELTS

PRACTICAL/FLOORWORK

BASIC EXERCISES

10 PRESS-UPS

LEG RAISING EXERCISE

SAJU MAKGI – FOUR DIRECTIONAL BLOCK

SAJU JIRUGI – FOUR DIRECTIONAL PUNCH

SITTING STANCE

SINGLE/ DOUBLE PUNCH WHILE COUNTING 1 – 10 IN KOREAN

WALKING STANCE

LOW/MIDDLE/HIGH SECTION BLOCKS

MIDDLE SECTION PUNCH

COMBINATIONS OF ABOVE

L-STANCE

GUARDING/KNIFEHAND GUARDING BLOCK

SET SPARRING

3-STEP SPARRING 1 & 2

SELF DEFENCE

WRIST GRAB SAME SIDE (E.G. ATTACKERS LEFT HAND GRABS OPPONENTS RIGHT WRIST.

THEORY

WHITE BELT MEANING

COUNTING 1 – 10 IN KOREAN