

## **10<sup>th</sup> Kup - White Belt Study Sheet.**

Listed below is some information to help you in your first grading.

### **Numbers**

1 - Hana	6 - Yahsut
2 - Tool	7 - Ilgope
3 - Set	8 - Yahdol
4 - Net	9 - Ah-Hop
5 - Dasut	10 - Yaul

### **Training Commands**

Bow	-	Kyong Ye
Commence	-	Si Jak
Stop	-	Goman
Break	-	Hetchyo
Return to Ready Stance	-	Baro
Rest	-	Shose

### **Technical Terms**

Stance	-	Sogi		
Attention	-	Charyiot	Instructor	- Sabum
Parallel ready	-	Narani Jumbi		
Sitting Stance	-	Annun Sogi	Training Suit	- Dobok
Walking Stance	-	Gunnun Sogi	Belt	- Ti
Walking Ready	-	Gunnun Jumbi	Training Hall	- Do jang

### **Parts of Body**

Forefist	-	Ap joomuk	Middle section	-	Kaunde
Inner Forearm	-	An palmok	Low section	-	Najunde
Outer Forearm	-	Bakat palmok	Footsword	-	Balkal
High section	-	Nopunde	Knifehand	-	Sonkal
			Back Fist	-	Dung joomuk

### **Other Terms**

Block	-	Makgi	Kick	-	Chagi
Punch	-	Jirugi	Rising Block	-	Chookyo makgi
Front leg rising	-	Ap cha olligi	Left	-	Wen
Knifehand low block	-	Sonkal najunde makgi	Right	-	Orun
Reverse	-	Bandae	Front	-	Ap
Obverse	-	Baro	Side	-	Yop

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*Above this line is the theory for most of the Questions on your first grading.*

### **Grading Procedure**

1. No talking is allowed during the grading.
2. Refrain from leaving the hall during the grading.
3. Sit up properly, with legs crossed.
4. The Examiner must be referred to as **SIR**.
5. When approaching the Examiner you must bow and answer all questions that he may ask.

**Remember** -To grade you must :

1. Have reached the required standard.
2. Have an up to date T.A.G.B. Licence.
3. Have a Clean well ironed T.A.G.B. Dobok ( Training Suit ).
4. Have attended a sufficient amount of classes to grade.