

Testing Information:

10th – 9th

Fundamental Exercises:

Saju Jirugi - 4 direction punch -14 movements

Saju Makgi - 4 Direction Block - 16 movements

Ready Stance: Open Parallel Ready Stance

Diagram: +

Step Sparring.

Sambo Matsoki 3 step sparring alone (attack and defense)

Self-defense:

- Releases from a straight grab to the wrist
- Releases from a cross grab to the wrist

Kicks:

Ap-Cha-Busigi Front Snap Kick

Yop-Cha-Jirugi Side Piercing Kick

Break:

Ap-Cha-Busigi Front Snap Kick I Board Adult

Yop-Cha-Jirugi Side Piercing Kick I Board Junior

Stances:

1. Attention Stance heels together, feet are at a 45° angle
2. Open Parallel Ready Stance Width is 1 shoulder width measured from the foot sword of the left foot to the foot sword of the right foot.
3. Sitting Stance 50/50 weight distribution. Width is 1 & 1/2 shoulder widths measured from reverse foot sword to reverse foot sword.
4. Walking Stance 50/50 weight distribution. Length is 1/2 shoulder widths measured from toes to toes. Width is 1 shoulder width measured from center of foot to center of foot.

Techniques:

1. Walking Stance Low Outer Forearm Block.
2. Walking Stance Middle Front Punch
3. Walking Stance Knife Hand Low Block
4. Walking Stance Middle Inner Forearm Block

Belt:

White Belt signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-Do.

Starting Class: Head Student says:

1. Charyot Attention
2. Kuk-Ki-Yea Tae-Hae Face the Flag
3. Kyong-Ye Bow or salute
4. Baro Return to ready
5. Class recites tenets of TaeKwon-Do
6. Class recites TaeKwon-Do student oath
7. Sahyun Nim Gar, Kyong-Ye (7th & 8th Dan) Bow to instructor Sabum Nim Gae, Kyong-Ye (4th - 6th Dan)
Boosabum Nim Gae, Kyong-Ye (1st - 3rd Dan)

Ending Class:

1. Charyot Attention
2. Kuk-Ki-Yea Tae-Hae Face the Flag
3. Kyong-Ye Bow or salute
4. Baro Return to ready
5. Sabum Nim Gae, Kyong-Ye Bow to instructor
6. Tora (second student) Turn (class faces head student)
7. Esa (head student) Dismissed
8. Ko-Map Sum-Nee-Da Thank you (everybody says together)

Other terms used:

Attention	Charyot
At ease	Swiyo
Ready Position	Junbi
Sit or kneel	An-Joh
Meditate	Muk -Nyom
Begin	Si-Jak
Finished	Ee-Sang
Stop	Guman
Yell	Ki-Ap
Turn around	Tui-Tora
Uniform	Do-Bok
Instructor	Sa-Bum
Degree	Dan
Grade	Gup
Pattern	Tul

ITF Chain of Command:

Founder of Tae Kwon-Do - General Choi Hong Hi - IX Dan

President of ITF - Master Choi Jung Hwa - VIII Dan

ITF Headquarters - Brampton, Ontario Canada

President of ATFI - Master Fabian Nunez - VII Dan

Vice President of ATFI - Mr. John Cacioli - V Dan

ATFI Headquarters - Odessa, Texas

Taekwon-Do Tenets:

Courtesy

To be polite to one another

To behave oneself according to etiquette

To respect other's possessions

Integrity

To know right from wrong

To be honest and proud

Perseverance

Patience to achieve a higher degree of perfection

Don't be a quitter, try and try again

Self-control

Control over one's impulses, emotions, or acts.

Indomitable Spirit

A student of TaeKwon-Do will at all times be modest and honest

If confronted with injustice, he will deal with the belligerent without fear or hesitation regardless of whosoever and however many the number may be.