



# 10th KUP SYLLABUS

## PRACTICAL TEST

**Sitting Stance Middle Front Punch**

**Walking Stance Middle Obverse Punch**

**Walking Stance Low Outer Forearm Block**

**Walking Stance Low Knife Hand Block**

**Walking Stance Middle Inner Forearm Block**

**Walking Stance Front Rising Kick**

**Walking Stance Front Snap Kick**

## KOREAN TERMINOLOGY

Annun So Kaunde Ap Jirugi

Gunnun So Kaunde Baro Jirugi

Gunnun So Najunde Bakat Palmok Maki

Gunnun So Najunde Sonkal Makki

Gunnun So An Palmok Makki

Gunnun So Ap Chaolligi

Gunnun So Ap Chabushigi

## PATTERNS / FUNDAMENTAL EXERCISES

**4 Direction Punch** - Saju Jirugi (14 movements)

**4 Direction Block** - Saju Maki (16 movements)

## STANCES

**Demonstrate all of the following:**

**Attention Stance** - Charyot Sogi

**Bow** - Kyong Ye

**Parallel Ready Stance** - Narani Junbi Sogi (Junbi Sogi)

**Sitting Stance** - Annun Sogi

**Walking Stance** - Gunnun Sogi



## COUNTING IN KOREAN 1-10:

**1** = Hana / 하나    **2** = dul / 둘 (dhool)    **3** = set / 셋 (seht)  
**4** = net / 넷(neht)nett    **5** = ta-sat / 다섯 (DA-suht)  
**6** = yah-sot / 여섯(YUH-soht)    **7** = e-gup / 일곱 (EEL-gohp)  
**8** = ya-dail / 여덟 (YUH-dohl)    **9** = ah-hop / 아홉(AH-hop)  
**10** = yeol / 열 (yul)

## THEORY TEST:

What does Taekwon-Do mean?    **Tae** is foot – **Kwon** is hand – **Do** is Art  
Which country did Taekwon-Do come from?    Korea  
What is the highest Grade in Taekwon-Do?    9<sup>th</sup> Dan Black Belt, Grandmaster  
Who is the “father” of Taekwon-Do?    General Choi, Hong-hi  
Low, Middle, High (section) is called?    Najunde, Kaunde, Nopunde  
The five Tenets of Taekwon-Do?    Courtesy – Integrity – Perseverance – Self Control – Indomitable Spirit

## THE MEANING OF WHITE BELT

**White belt signifies the innocence of the beginning student who has no previous knowledge of Taekwon-Do.**

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