

VELLA-TAEKWONDO 10th KUP

It is very important for each student of Taekwon-Do to study every sheet for each grading. The material is not only relevant to all possible questions that you might be asked at your grading but will also give you a better understanding of the history and theories behind Taekwon-Do and its language.

Study the following material well before your grading and consult your instructor if you have any problems.

Tae: Means foot & leg. Kwon: Means hand & fist. Do: Means the art of.

The Father & Founder of Taekwon-Do: General Choi Hong Hi 9th Dan, Grandmaster.

Pronounced - "Chey Hong Hee."

Colour White: Signifies Innocence, as a beginner the student has no previous knowledge of Taekwon-Do.

Colour Yellow: Signifies Earth, from which a plant (Taekwon-do evergreen tree) sprouts and takes root as Taekwon-Do Foundation is laid.

Instructors : 1st to 3rd Degree:**Bo-SABUM**:Assistant Instructor.
4th to 6th Degree:**SABUM**:Instructor.
7th & 8th Degree:**SAHYUN**:Master.
9th Degree:**SASUN**:Grand Master.

Misc. Technical	Numbers	Parts of Body	
Block: Makgi	1 Hana	Inner Forearm:	An Palmok
Punch: Jirugi	2 Dool	Outer Forearm:	Bakat Palmok
Kick: Chagi	3 Set	Forefist:	Ap Joomuk
Left: Wen Right: Oron	4 Net	High Section:	Nopundae
Front: Ap Side: Yop	5 Dasut	Middle Section:	Kaundae
Front Leg Rising: Ap Cha Olligi	6 Yasut	Low Section:	Najundae
Inner Forearm Middle Block:	7 Ilgop	Knife Hand:	Sonkal
An Palmok Kaundae Makgi	8 Yadol	Fingertip:	Sonkut
Knife Hand Low Block:	9 Ah-hop	Ball of Foot:	Ap Kumchi
Sonkal Najundae Makgi	10 Yaul	Foot Sword:	Balkal

Stances: Sogi

Attention Stance: Charyot Sogi
Parallel Ready Stance: Narani Jumbi Sogi
Sitting Stance: Annun Sogi
Walking Stance: Gunnun Sogi
Walking Ready Stance: Gunnun Junbi Sogi

Taekwon-Do Oath

I shall observe the tenets of Taekwon-Do
I shall respect my Instructors and Seniors
I shall never misuse Taekwon-Do
I shall be a Champion of Freedom and Justice
I shall build a more Peaceful World

5 Tenets of Taekwon-Do

Courtesy (Ye Ui)
Integrity (Yom Chi)
Perseverance (In Nae)
Self Control (Guk Gi)
Indomitable Spirit (Baekjul Boolgool)

The theory of power incorporates correct use of Reaction Force, Concentration, Equilibrium (Both Static and Dynamic), Breath Control, Mass, and Speed.

School Instructor: Master Tony Vella 7th Degree

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Commands

<i>Charyot</i>	Attention
<i>Kyong Ye</i>	Bow
<i>Junbi</i>	Ready
<i>Sijak</i>	Start
<i>Gomman</i>	Stop
<i>Barrol</i>	Return to Ready
<i>Tirro Torra</i>	About turn

An OBLVERSE technique is performed using the arm on the same side as the leg which is most bent. A REVERSE technique is performed using the arm on the same side as the leg which is least bent.

If the left leg is most bent then it is a left stance, if the right leg is most bent, then it is a right stance.

Conduct in the Dojang (Training Hall)

- Bow upon entering and leaving the Dojang at all times.
- Bow to the Instructor at a proper distance.
- Exchange greetings between students.
- Bow to the instructor upon forming a line.
- Recite the International Taekwon-Do Oath prior to training.
- Bow to the Instructor prior to dismissal.
- Always address Instructors and black belts as 'Sir.'
- Do not eat, drink, or smoke whilst wearing your Dobok(Uniform) unless prior permission to do so has been granted by the Instructor.
- Do not speak unnecessarily before or during a session.
- Always hand objects to the Instructor with both hands.

GRADINGS

The minimum waiting time between gradings is based on a minimum of 2 training sessions per week. Students only attending 1 class per week should double their minimum waiting time.

Your blue membership book must be brought to all gradings in order that the conducting Master or Instructor may sign as necessary.

Patterns:

What is a pattern? A pattern is a series of attacking and defensive movements designed to combat one or more imaginary opponents.

Questions

This is just an indication of the type of questions asked at the 10th Kup Grading and can also relate to previous study sheets and information taught in class.

1. Who was the founder of Taekwon-Do?
2. What does Taekwon-Do mean?
3. What does the colour white signify?
4. What are the tenets of Taekwon-Do?
5. What are the blocks, punches and stances performed.
6. What are the hand and arm parts performed.