

# Bernards Institute of Tae Kwon Do

## TERMINOLOGY FOR WHITE BELT (10TH) KUP MEMBERS

### Four Directional Punching (Sarajit Jirugi)

This is a set of elementary movements which familiarise the student with punching and blocking.

NB: This is not a pattern

### Tenets of Tae Kwon Do

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

### Meaning of the words Tae Kwon Do

Tae	Foot Techniques
Kwon	Hand Techniques
Do	Combination of the art

### Five Basic Stances

Attention Stance	Charyot Sogi
Parallel Ready Stance	Narani Chunbi Sogi
Walking Stance	Gunnun Sogi
Sitting Stance	Annun Sogi
L – Stance	Niunja Sogi

### Sections of the Body

High (above shoulder)	Nopunde
Middle (between shoulder and waist)	Kaunde
Low (below waist)	Najunde
Centre Line	Centre of own body
Shoulder Line	Vertical line with shoulder of own body

### Parts of the Body

Fore fist	Ap joomuk
Outer forearm	Bakat Palmok
Inner forearm	An Palmok
Ball of the foot	Ap kumchi

### Basic Movements

Middle outer forearm block	Kaunde an palmok makgi
Lower outer forearm block	Najunde bakat palmok makgi
Forefist punch	Ap joomuk jirugi
Low Knifehand block	Najunde sonkal makgi

At what position is the fist in walking stance middle punch?

Your own shoulder line and centre line

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## TERMINOLOGY FOR WHITE BELT (10TH) KUP MEMBERS

### Significance of White Belt

White signifies the innocence of a beginner who has no knowledge of Tae Kwon Do.

### Significance of Yellow Belt

Yellow signifies the earth, from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.

### **Kicks**

Front rising kick Ap cha olligi

### General Knowledge

Founder of Tae Kwon Do	General Choi Hong Hi (9 <sup>th</sup> degree master)
Date Tae Kwon Do officially recognised	11 <sup>th</sup> April 1955
Founder of Tae Kwon Do in United Kingdom	Master Rhee Ki Ha (9 <sup>th</sup> degree)
Personal Instructor	Mr E Bernard (5 <sup>th</sup> degree)
UKGT	United Kingdom Global Tae Kwon Do
I.T.F.	International Tae Kwon Do Federation

### Grading Syllabus

1. 10 rising kicks
2. 10 press ups (juniors/ladies using hands and seniors using knuckles)
3. 10 stationary single punches in parallel stance
4. Four directional punching, four directional blocking
5. Combinations:
  - middle block followed by reverse punch
  - low block followed by reverse punch
  - .....low knifehand block followed by reverse punch
  - .....obverse punch followed by reverse punch
6. Tae Kwon Do theory:
  - EG. a. Spell Tae Kwon Do?
  - b. Name and demonstrate all the stances you know?
  - c. Who is your instructor?
  - d. What are the parts of the hand which you block with?
  - e. Describe position of a middle punch?
  - f. Learn all of this sheet!!

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## TERMINOLOGY FOR WHITE BELT (10TH) KUP MEMBERS

### Four Directional Punching

#### First Half

Starting position parallel stance

Moving right leg forward perform walking stance middle punch

Turning left (by moving right leg in, turn to left and move right leg back) into walking stance low outer forearm block

Moving right leg forward perform walking stance middle punch

Turning left (by moving right leg in, turn to left and move right leg back) into walking stance low outer forearm block

Moving right leg forward perform walking stance middle punch

Turning left (by moving right leg in, turn to left and move right leg back) into walking stance low outer forearm block

Moving right leg forward perform walking stance middle punch

Turn left, move right leg back into starting position parallel stance

#### Second Half

Starting position parallel stance

Moving left leg forward perform walking stance middle punch

Turning right (by moving left leg in, turn to right and move left leg back) into walking stance low block

Moving left leg forward perform walking stance middle punch

Turning right (by moving left leg in, turn to right and move left leg back) into walking stance low block

Moving left leg forward perform walking stance middle punch

Turning right (by moving left leg in, turn to right and move left leg back) into walking stance low block

Moving left leg forward perform walking stance middle punch

Turn right, move left leg back into starting position parallel stance

# **Bernards Institute of Tae Kwon Do**

## TERMINOLOGY FOR WHITE BELT (10TH) KUP MEMBERS

### **Four Directional Blocking**

#### **First Half**

Starting position parallel stance

Moving right leg backward perform walking stance low knifehand block

Moving right leg forward perform walking stance middle block

Turning left (by moving right leg in, turn to left and move right leg back) into walking stance low knifehand block

Moving right leg forward perform walking stance middle block

Turning left (by moving right leg in, turn to left and move right leg back) into walking stance low knifehand block

Moving right leg forward perform walking stance middle block

Turning left (by moving right leg in, turn to left and move right leg back) into walking stance low knifehand block

Moving right leg forward perform walking stance middle block

Turn left, move right leg back into starting position parallel stance

#### **Second Half**

Starting position parallel stance

Moving left leg backard perform walking stance low knifehand block

Moving left leg forward perform walking stance middle block

Turning right (by moving left leg in, turn to right and move left leg back) into walking stance low knifehand block

Moving left leg forward perform walking stance middle block

Turning right (by moving left leg in, turn to right and move left leg back) into walking stance low knifehand block

Moving left leg forward perform walking stance middle block

Turning right (by moving left leg in, turn to right and move left leg back) into walking stance low knifehand block

Moving left leg forward perform walking stance middle block

Turn right, move left leg back into starting position parallel stance