



## TESTING FROM 10th GUP TO 9th GUP

10G

(Testing to White Belt with Yellow Tip/Stripe)

Student name: \_\_\_\_\_

### Exercise

Saju Jirugi (4 Direction Punch)  
Classes required to test = 12

  


### Kicking

Front Rising Kick - Rear leg stationary motion  
Side Rising Kick - Parallel Stance stationary motion  
Double Front Snap Kick - Rear leg stationary motion

  
  


### Basic Technique & Fitness Requirement

Sitting Stance Punch  
Push-ups - 10

  


### Sparring

Three Step Sparring alone - Set 1  
Free Sparring - Movement

  


### Ho Shin Sool

Straight grab            Release 1 - Pull  
                                  Release 2 - Elbow  
Cross Grab                Release 1 - Push  
                                  Release 2 - Cut

  
  
  


### Theory

#### Meaning of White Belt:

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

#### Counting 1-10 in Korean:

1 - Hana	2 - Tul	3 - Set	4 - Net	5 - Tasot
6 - Yosot	7 - Ilgop	8 - Yodol	9 - Ahop	10 - Yol

#### Show:

##### *Narani Junbi Sogi:*

The Characteristics of a Parallel Ready Stance (Narani Junbi Sogi): Parallel stance is 1 shoulder width wide, measured from the footswords. The feet are even and parallel and therefore the stance has no length. The weight is distributed evenly on both feet with the legs straight. The fists are clenched slightly and 5 centimeters (2 inches) apart. There should be approximately 7 centimeters (2.9 inches) between the fists and the abdomen and 10 centimeters (4.1 inches) between the elbows and floating ribs. The upper arms are forward at 30 degrees while the lower arms are bent upward at 40 degrees. This stance is performed full or side facing.

##### *Charyot Sogi:*

The Characteristics of an Attention Stance (Charyot Sogi): The Attention stance is formed with the heels together with the feet forming a 45 degree angle. The weight is distributed evenly on both feet with the legs straight. Arms are dropped naturally at the sides, with the elbows partially bent and the fists slightly clenched. The eyes are facing front and slightly above horizontal. This stance is only performed full facing.

#### *Other Knowledge:*

Students should read the rules of the Dojang paying special attention to the courtesy and etiquette information. The Student should also realize that Taekwon-Do is a very physical and rewarding martial art focusing on improving the student not only physically but mentally as well.