

PROMOTION TO YELLOW STRIPE (9TH KUP)

Warm Up

- Spot sprints
- 15 press ups
- 15 sit ups
- 15 jumping jacks
- 10 squat thrusts

Traditional Line Work

- Walking stance – obverse punch
- Walking stance – obverse low block
- L-Stance – obverse inner forearm middle block
- Front snap kick (back leg) – obverse, reverse punch in walking stance

Pattern

- Basic Form (First half of Chon-Ji)

Freestyle Line Work

- Double punch
- Double punch – front kick
- Double punch – turning kick

Set Sparring

- Three step semi-free sparring (front kicks only)

Self Defence

- Straight punch to face

Pad Drills

- 1 (right & left side)

Kicking Technique

- Front kicks (back leg)

Theory

- All theory to be learnt on the reverse of this document

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1. **What does Tae Kwon Do literally mean / translate to?**
FOOT (Tae), HAND (Kwon), WAY or ART (Do).
2. **Who founded Tae Kwon Do?**
Tae Kwon Do was founded by General Choi Hong Hi, 9th Dan.
3. **What is the meaning of white belt?**
Please see below.
4. **What are the five tenets of Tae Kwon Do?**
Please see below.
5. **What should we do when both entering and exiting the training hall (Dojang)?**
Bow; this is a sign of respect to the instructors, training hall and your fellow students.

MEANING OF BELT COLOURS

WHITE: Signifies innocence, as that of a beginning student with no previous knowledge of Tae Kwon Do.

FIVE TENETS OF TAE KWON DO (Aims to Achieve)

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

To be learnt when you are a white belt, 10th Kup.