

Promotion to Yellow Stripe – 9th Kup

- **Warm Up**
Sprint on the spot
20 press ups
20 sit ups
20 jump jacks
Sitting stance Single & double punches
- **Traditional Line work**
Walking stance - obverse punch (forward/backward)
Walking stance - obverse low block (forward, backward).
Walking stance - obverse Inner forearm middle block, reverse punch
Front snap kick (back leg) - forearm guard in L stance
- **Patterns/fundamental movements**
Four directional punching no. 1 & 2
- **Freestyle line work**
Double punch
Double punch - front kick
Double punch - turning kick
- **Bag Work**
Front kicks (back leg)
- **Pad drill**
Pad drill number 1
- **Self Defence**
Straight punch to face
- **Theory**
All theory to be learnt on the reverse of this document

PROMOTION TO YELLOW STRIPE

- 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 5 tenets of Tae Kwon Do?**
Please see below.

MEANING OF BELT COLOURS

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

5 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.

