

Promotion to Yellow Stripe – 9th Kup

- **Warm Up**
Sprint on the spot
20 press ups
20 sit ups
20 jump jacks
Sitting stance Single punches
- **Traditional Line work**
- Walking stance - obverse punch (forward/backward)
Walking stance - obverse low block (forward, backward).
Walking stance - obverse Inner forearm middle 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 snap kick (back leg)
Double punch - turning kick (back leg)
Double punch - side kick (back leg)
Back fist – reverse punch, rear leg turning kick
- **Sparring skills & set sparring**
Three step sparring number 1
- **Bag Work**
Front kicks (back leg)
- **Pad drill**
Pad drill number 1 (right side only)
- **Self Defence**
Straight punch to face
Double handed push to front (shoulders)
- **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.

