

Grading Requirements

10th Kup (White Belt) to 9th Kup (Yellow Tag)

Theory

White represents innocence, as the beginner has no knowledge of Tae kwon-do

Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being

Foot fist art	Tae kwon-do	Bow	Kyong ye
5 tenets of Tae kwon-do	Courtesy Integrity	Begin	Si jak
	Perseverance	Shout	Kihap
	Self-control	Front leg raise	Apcha olligi
	Indomitable spirit	Block	Maki
Training hall	Dojang	Middle block	Kayunde Maki
Training uniform	Dobok	Low block	Najunde Maki
Belt	Ti	Forefist	Ap joomuk
Stance	Sogi	Punch	Jirugi
Attention stance	Chariot sogi	Obverse punch	Baro jirugi
Ready [stance]	Chunbi [sogi]	Reverse punch	Bandai jirugi
Return to ready	Barrol	4-directional punching	Sajo jirugi
Sitting stance	Annan sogi	Kick	Chagi
Walking stance	Gunnan sogi	Front kick	Ap chagi
High section	Nopunde	Forearm	Palmok
Middle section	Kayunde	Inner forearm	An palmok
Low section	Najunde		

Practice

10 press-ups
 4-directional punching
 Sitting stance, 10 mid-section punches
 Walking stance, mid-section punch
 Walking stance, middle inner-forearm block
 Walking stance, middle inner-forearm block, reverse