



Tae Kwon-do Facts for grading:

Founder of Tae Kwon-do: General Choi Hong-Hi

Tae Kwondo means: The Art of Hand and Foot. Tae means Foot, Kwon means hand, Do means Art or Way.

Tae Kwon-do birthday: April 11, 1955

Tae Kwon-do originated in: Korea

I.T.F. stands for: International Taekwon-Do Federation

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

Know where the different blocking tools are, inner forearm, outer forearm.

Know the different parts of the foot you kick with. Foot sword, ball of foot.



Need some help with your tae kwon-do grading and assessments?

Here you go.

Know both your instructors names and degrees, Mr Jones might check if you know. Think of what your favourite part of taekwon-do is. Why did you join taekwon-do? How many stances do you know, what are they?

Also don't forget the 1st stance we do every night.... 'Attention stance' with your heels touching..

TENETS OF TAEKWON-DO:

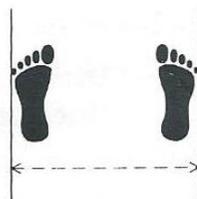
- COURTESY
- INTEGRITY
- PERSEVERANCE
- SELF CONTROL
- INDOMITABLE SPIRIT

How would you show this in class?

Parallel Ready Stance (*Narani Junbi Sogi*)

Weight Distribution = 50% - 50%

Angle of feet = Parallel



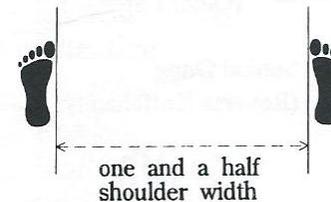
one shoulder width



Sitting Stance (*Annun Sogi*)

Weight Distribution = 50% - 50%

Angle of feet = Parallel



one and a half shoulder width

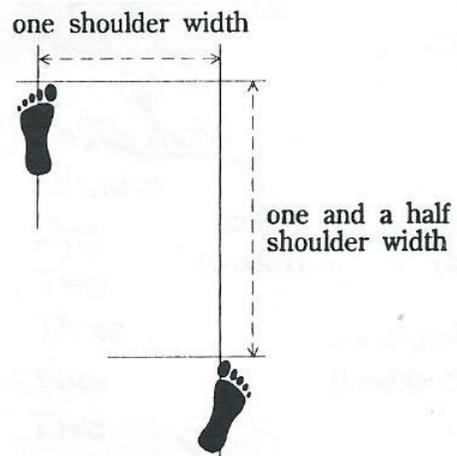


Walking Stance (*Gunnun Sogi*)

Weight Distribution = 50% - 50%

Angle of feet = Front foot points forwards

Rear foot points 25 degrees outwards



Walking Stance Middle Obverse Punch

(*Gunnun So Kaunde Baro Jirugi*)



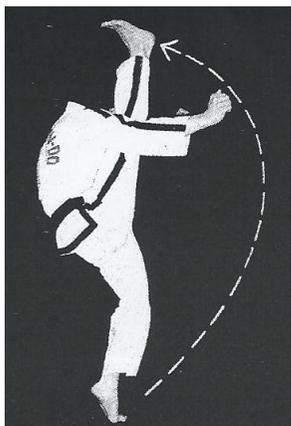
Walking Stance Outer Forearm Low Block

(*Gunnun So Bakat Palmok Najunde Makgi*)



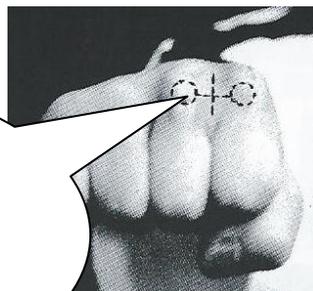
Know where your outer and inner forearm is located on your blocking arm

Walking Stance Front Rising Kick (*Gunnun So Ap Cha Olligi*)



Punch with the first two knuckles only. Punch in the centre line of the body. For a middle punch/block the fist is at shoulder level.

Forefist (*Ap Joomuk*)



Tae Kwon-do Oath

As a student of Tae kwon-do

- I shall observe the Tenets of Taekwon-do
- I shall respect the instructors and seniors
- I shall never misuse Taekwon-do
- I shall be a champion of freedom and justice
- I shall build a more peaceful world

The oath will be read out at the beginning of every grading and repeated by students. All students should know the oath.