



### 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 1<sup>st</sup> stance we do every night.... 'Attention stance' with your heels touching..

#### TENETS OF TAEKWON-DO:

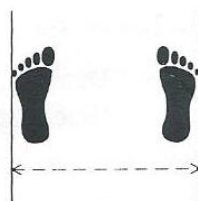
- COURTESY
- INTEGRITY
- PERSEVERANCE
- SELF CONTROL
- INDOMITABLE SPIRIT

How would you show this in class?

#### Parallel Ready Stance (*Narani Junbi Sogi*)

Weight Distribution = 50% - 50%

Angle of feet = Parallel



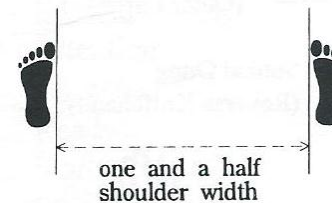
one shoulder width



#### Sitting Stance (*Annun Sogi*)

Weight Distribution = 50% - 50%

Angle of feet = Parallel



one and a half shoulder width

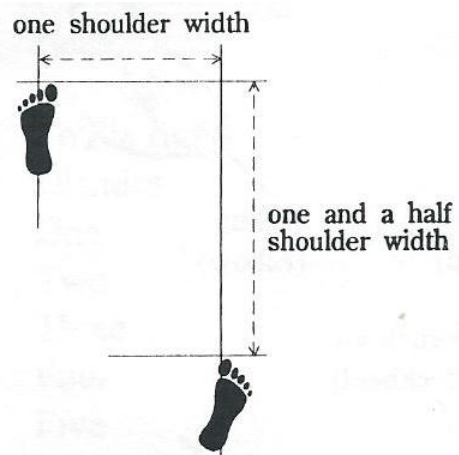


### Walking Stance (*Gunnun Sogi*)

Weight Distribution = 50% - 50%

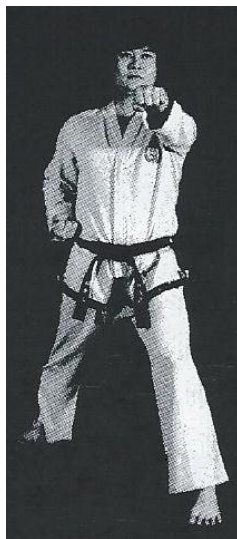
Angle of feet = Front foot points forwards

Rear foot points 25 degrees outwards



### Walking Stance Middle Obverse Punch

(*Gunnun So Kaunde Baro Jirugi*)



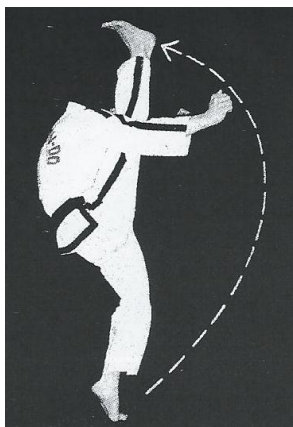
### Walking Stance Outer Forearm Low Block

(*Gunnun So Bakat Palmok Najunde Makgi*)



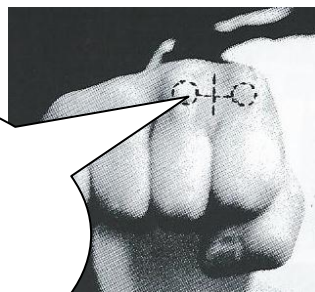
Know where your outer and inner forearm is located on your blocking arm

### 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.**