Required Knowledge for 10th Grade – White Belt

Hyung: Chon-Ji Movements: 19 Diagram: ┼

Chon-Ji: Literally means the "Heaven and the Earth". It is in the Orient interpreted as the creation of the world, or the beginning of human history. Therefore, it is the initial pattern taught to all beginners. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth.

Start Position: Parallel ready stance / **End Position:** Left foot moves to right foot

Significance of a white belt: Innocence, a new beginning

Attention (Charyot): Feet together, hands are straight down to the sides

Bow (Kyong Ye): From the waist only, 45 degrees with head up

Stances:

Parallel Stance: the feet are parallel to each other and one foot length wide, weight evenly distributed on both feet, knees are relaxed. (as in a Junbi position)

Straddle Stance: The Feet are parallel to each other and 1 ½ shoulder width wide with the weight evenly distributed on both feet. Both knees are bent and directly over the ankles. The front of the stance is determined by the direction the head is facing.

Walking Stance: The feet are at a diagonal to each other and 1 ½ shoulder width wide and 1 ½ shoulder width deep, the weight is evenly distributed on both feet. Both feet facing straight ahead with the front knee bent over the ankle, rear knee straight. The front foot determines the stance.

L-Stance: The feet are perpendicular to each other and 1 ½ shoulder width deep and as wide as a parallel stance. The front foot faces forward, both knees are bent and directly over the ankles. The rear foot determines the stance.

Spinning Turn: As performed in a Hyung

Stepping Turn: Step behind front foot, then turn (maintain depth your depth)

Techniques, Vocabulary, Questions

Hand Techniques: Straight Punch, Low Defense, Inner Forearm block, Double Knife Hand block, High Rising block, Elbow Strikes

Foot Techniques: Front Snap Kick, Side piercing kick, Leg Block

Physical Concepts: Straight-Reverse, Inner-Outer, Alignment, Breathing, Ki

Vocabulary: Attention-Charyot, Bow-Kyong Ye, Ready-Junbi, Return-Paro, Relax-Sho

Soft Technique: Begin developing Ikkyo, Left and Right Shoulder Role

Questions:

1. What does Tae Kwon Do mean?
2. What is the first pattern?
3. Why do we bow?
4. What does the word Hyung mean?
5. What is the significance of a White Belt?
6. Who is the founder of Se Jong Tae Kwon Do?