

Previous Grading Theory – updated to the Feb 09 grading

10th Kup

Meaning of:	Tae Kwon-Do White Belt and yellow Belt Courtesy + example Integrity + example Perseverance + example Self-control + example Indomitable spirit + example	
Korean for:	Punch Stance Walking stance Training hall Counting from 1 to 10 Four-directional punch	Block Forefist Sitting stance Training suit High / Middle / Low sections
Theory:	Why did you start Tae Kwon-Do? What are the tenets of TKD? Who is your instructor? Where does TKD come from? When was TKD inaugurated? Who is the founder of TKD? Who brought TKD to Britain? Width and length of walking stance What do you like best in TKD?	

9th Kup

Meaning of:	Chon-Ji – plus how many moves? Yellow belt and white belt Tae Kwon-Do Indomitable spirit	
Korean for:	Kick Ball of the foot Rising block Training suit Parallel ready stance High / Middle / Low sections Inner forearm Walking stance	Front kick Block Knifehand strike L-stance Three-step sparring Crescent kick Outer forearm
Theory:	What is the orient? What does initial mean? What are the tenets of TKD? What is your goal in TKD? Why do we do three-step sparring? What is the weight distribution of L-stance and why? What is the width and length of L-stance	

8th Kup

Meaning of:	Dan-Gun – plus how many moves? Green belt and yellow belt	
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Korean for: Punch
Front kick
Ball of the foot
Knifehand
Knifehand guarding block
Outer forearm block

Kick
Turning kick
Rising block
Twin forearm block
Parallel stance

Theory: What does the plant represent in meaning of green belt?
What does legendary mean?
What does B.C. mean?

7th Kup

Meaning of: Do-San – plus how many moves?
Green belt and yellow belt

Korean for: Front kick
Ball of the foot
Footsword
Sitting stance
Parallel stance
Straight fingertip thrust
Twin forearm block
Wedging block
Three-step sparring

Turning kick
Side kick
Walking stance
L-stance
Reverse punch
Rising block
Knifehand guarding block
Release from grab

Theory: What is a pseudonym?
What is a patriot?
How old was Do-San when he died?
What are the 4 stances in Do-San?
Why do we use wedging block?
What is the target for straight fingertip thrust?

6th Kup

Meaning of: Won-Hyo – plus how many moves?
Blue belt and green belt

Korean for: Closed ready stance
Bending ready stance
Three-step semi-free sparring
Twin forearm block
Knifehand guarding block
Reverse turning kick
Circular block
Walking stance

Fixed stance
Three-step sparring
Two-step sparring
Inwards knifehand strike
Side kick
Heel
Straight fingertip thrust

Theory: What is a monk?
What is Buddhism?
What is a Dynasty?
What is the ready stance for Won-Hyo?
Describe the ready stance for Won-Hyo
What does A.D. mean?
What is the weapon in reverse turning kick?
Name the moves from two-step sparring
Why do we use bending ready stance?

5th Kup

Meaning of: Yul-Gok – plus how many moves?
Blue belt and green belt

Korean for: Elbow
Hooking block
X-stance
Circular block
Three-step sparring
Three-step semi-free sparring
Twin knifehand block

Front elbow strike
Double forearm block
X-fist pressing block
Reverse turning kick
Two-step sparring
Free sparring

Theory: How old was Yul-Gok when he died?
What is a philosopher?
What is a scholar?
What is a pseudonym?
What is a line of latitude?
Why do we do three-step sparring
What are the first and last moves of Yul-Gok and what are they doing?
What does a circular block do?

4th Kups

Meaning of: Joong-Gun – plus how many moves?
Red belt and blue belt

Korean for: Reverse knifehand strike
Rear foot stance
Twin vertical punch
X-fist rising block
Palm pressing block
One-step sparring

Upward palm block
Upper elbow strike
Twin upset punch
Side punch
U-shape block

Theory: What are the 6 stances of Joong-Gun?
What is the difference between to assassinate and execute?

3rd Kups

Meaning of: Toi-Gye – plus how many moves?
Red belt and blue belt

Korean for: Upset fingertip thrust
W-shape block

Flat fingertip thrust
Straight

Theory: What is neo-confucianism / what does NEO mean?
What is a philosopher?
What is a scholar?
What is your goal in TKD?
What is the difference between a sport and a martial art?

2nd Kups

Meaning of: Hwa-Rang – plus how many moves? Plus all previous patterns
Black belt plus all coloured belt colours

Theory: What is the most important thing that you've learnt from TKD?
What does maturity and proficiency mean?
What does impervious to darkness and fear mean?
What is the most important technique in TKD?
What has TKD given you?
What is the difference between a martial art and a sport?
What is the Do in TKD?
What is your philosophy of TKD?
How has TKD developed your character?
What were the 3 kingdoms of Korea?
What will achieving a black belt mean to you?