



Theory for your first grading

(Current belt: White Belt 10th Kup
Grading for: Yellow Tag 9th Kup)

Tae Kwon-Do is a martial art originating from **Korea** where it was perfected by General Choi Hong Hi. The parts of the art's name have English translations: '**Tae**' translates to '**kick**' or to use the foot to smash, '**Kwon**' translates to '**fist**' in reference to the usage of fists to punch or otherwise destroy and '**Do**' means '**art**' or '**way**'.

Four-directional punching has **28 movements** in total (7 in each of the four rotations). In **Tae Kwon-Do** there are **24 patterns** to learn representing the 24 hours in a day.

The **five tenets** of Tae Kwon-Do are as follows:

COURTESY: to be polite to one's instructors, seniors and fellow students.

INTEGRITY: to be honest with oneself. The ability to define right and wrong.

PERSEVERANCE: to not stop trying to achieve a goal.

SELF-CONTROL: to refrain from losing one's temper and to always maintain control.

INDOMITABLE SPIRIT: to show courage no matter what obstacles are in your way.

The significance of the colour **white** as your belt colour is its symbolism of **innocence** and the beginning of your journey as a Tae Kwon-Do student with no previous knowledge of the art.

Stances: A **walking stance** is performed with both feet **1 shoulder-width wide** and **2 shoulder-widths long**, one foot in front of the other with the front leg bent and the back leg straight. Both feet should face forwards and the weight distribution should be **50/50** (half of your weight on each leg).

An **L-stance** is performed with both feet **1 shoulder-width wide** and **1 and a half shoulder-widths long**, with your feet in an L-shape and both legs bent with the weight distribution **70/30** (70% of your weight on the back leg and 30% on the front leg).

Demonstration of techniques: You will be asked to demonstrate various stances and techniques from your training.

Instructor's name and grade: make sure you know your instructor's name and belt grade. If you are unsure, ask them.

If you are unsure about any theory or practical elements, ask your instructor.