

WEST COAST

TAEKWONDO

10th Kyp Grading Syllabus

Line Work

1. Static: Sitting stance, fore fist punch
2. Walking stance, obverse punch (forward and backwards)
3. Walking stance, low block (forward and backwards)
4. Snap kick, forearm guarding block in an L stance
5. Turning kick, forearm guarding block in an L stance

Patterns

- Sajo Jirugi: https://youtu.be/IBO7uh3_tBo?si=_EJA7yFZ3HmgkSjB

Knowledge

What is the meaning of white belt?	White signifies innocence, as that of a beginning student, who has no previous knowledge of Tae Kwon-Do.
What is the meaning of Sajo Jirugi?	Four directional punching.
What does courtesy mean?	Courtesy means being polite and respectful.
What is the weight distribution of ready stance?	50/50
What is the striking tool for a front snap kick?	Ball of the foot.
Show the examiner your fore fist.	*Point to it.