



White Belt Cheat Sheet

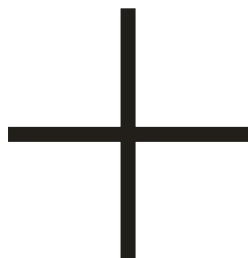
Everything you need for your 10th Kup grading · Fundamentals & Saju Jirugi



Fundamentals — Saju Jirugi

FOUNDATION

FLOOR PATTERN



FIRST MOVE



Begin: Parallel Ready Stance

MEANING

Saju Jirugi (the 4-directional punch) is the white-belt foundation exercise — it builds your stances and basics. It is not one of the numbered patterns. No.1, learnt here, blocks with the outer forearm low block on each turn; No.2 at Yellow Tag uses the inner forearm middle block instead.

1
2
3
4

Saju Jirugi No.1 — Step by

Step

15

STEPS

1. Obverse Punch (right) (Middle · W · Step forward)
2. Outer Forearm Low Block (left) (Low · W · Turn left 90°)
3. Obverse Punch (right) (Middle · W · Step forward)
4. Outer Forearm Low Block (left) (Low · W · Turn left 90°)
5. Obverse Punch (right) (Middle · W · Step forward)
6. Outer Forearm Low Block (left) (Low · W · Turn left 90°)
7. Obverse Punch (right) — KIHAP (Middle · W · Step forward)
8. Bring right leg up, right arm stays in punch position (Ready · Turn left 90°)
9. Obverse Punch (left) (Middle · W · Step forward)
10. Outer Forearm Low Block (right) (Low · W · Turn right 90°)
11. Obverse Punch (left) (Middle · W · Step forward)
12. Outer Forearm Low Block (right) (Low · W · Turn right 90°)
13. Obverse Punch (left) (Middle · W · Step forward)
14. Outer Forearm Low Block (right) (Low · W · Turn right 90°)
15. Obverse Punch (left) — KIHAP (Middle · W · Step forward)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

MEANING OF THE BELT

Innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



Korean Terms — This Grade

54 TERMS

KOREAN	ENGLISH	KOREAN	ENGLISH
Gunnun Sogi	Walking Stance	Gunnun Junbi Sogi	Walking Ready Stance
Annun Sogi	Sitting Stance	Ap Cha Olligi	Rising Kick
Niunja Sogi	L Stance	Sabum	Instructor
Narani Junbi Sogi	Parallel Ready Stance	Jeja	Student
Charyot Sogi	Attention Stance	Charyot	Attention
Makgi	Block	Kyong-Ye	Bow
Chookyo Makgi	Rising Block	Junbi	Ready
Ap Joomuk	Forefist	Kihap	Shout
Dung Joomuk	Backfist	Si-Jak	Start / Begin
Saju Jirugi	4 Directional Punch	Goman	Stop
Foot, Hand, Way of Life & Art	Tae Kwon Do means	Barrol	Return to Ready
General Choi Hong Hi 9th Dan	The Founder of Tae Kwon Do	Haessan	Dismiss
Courtesy Integrity Perseverance Self Control Indomitable Spirit	Five Tenets	Dwiyro Torro	About Turn
Dojang	Training Hall	Apro Kaggi	Forward
Ti	Belt	Dwiyro Kaggi	Backward
Dobok	Uniform	Wen	Left
Sonkal	Knife Hand	Orun	Right
Apkumchi	Ball of the Foot	Hanna	One
Balkal	Footsword	Dool	Two
Dwitchook	Heel	Set	Three
An Palmok	Inner Forearm	Net	Four
Bakat Palmok	Outer Forearm	Dasaul	Five
Palmok	Forearm	Yosaul	Six
Nopunde	High	Ilgop	Seven
		Yodoll	Eight
		Ahop	Nine
		Yoll	Ten



Line-Work For This Grading 8 DRILLS

1. Sitting stance front punch
2. Front rising kick (leg raise)
3. Walking stance front punch
4. Walking stance middle block
5. Walking stance low block
6. Walking stance rising block
7. Walking stance middle block, reverse punch
8. Walking stance low block, reverse punch