

## **10<sup>th</sup> Kup White Belt Requirements**

### **Testing for Yellow Belt**

You will need to know the following information:

Chon Ji form, the number of movements and the meaning.

Board Break – Step-Side Kick

Student Oath

Rules of the Dojang

Meaning of Taekwondo:

10 Basic Movements:

Low Block

Middle Punch

High Punch

High Block

Middle Front Snap Kick – Middle Punch

High Front Snap Kick – High Punch

Inside-Outside Block

Outside-Inside Block

Knife Hand Guarding Block

Two Finger Strike

One Step Sparring:

#1 – Step out with your right foot into a deep horse stance while executing a knife hand block to the attacker's punch with your left hand and middle punch with your right, pull your right hand back to ready position while covering it with your left. Follow with another knife hand block to the attacker's punch with your left hand and high punch with your right. Your feet should be parallel to your attacker's feet.

#2 – Step out with your right foot into a deep horse while executing a knife hand block to the attacker's punch with your left hand and knife hand strike to the attacker's neck with your right hand. Your feet should be parallel to your attacker's feet. Then grab their neck/shoulder with your right hand and their arm with your left hand. Pull their face down and while bringing your knee up to their face.

#3 – Step out with your right foot into a deep horse stance then step across the attacker's right leg with your right leg, at the same time doing an outside-inside block with your right arm (blocking their punch). Turn to your left (do not move your feet) elbow to the midsection.

#4 – Step out with your right foot into a deep horse stance while executing a knife hand block to the attacker's punch with your left hand. Then step between your attacker's legs with your right foot and with your right arm, elbow strike to the attacker's right armpit, pull your arm back and then back fist to the attacker's right temple.

#5 – TAKE DOWN – Step out with right foot into a deep horse stance while executing a left outer forearm block to the attacker's punch. Then step your right leg behind their right leg and reach across their chest with your right arm. Rotate your torso while you sweep their foot and take them down. Kick and punch.

#6 – Step out with your left foot into a deep horse stance while executing an open hand pushing block with your left hand. Double middle punch with your right fist first.

#7 – Step out with your left foot into a deep horse stance while executing a knife hand block and grab with your right hand to the attacker's wrist. Grab the attacker's shoulder with your left hand, putting your thumb in their armpit. Push them down with your left arm then twist their arm above your left arm. Knee them in the chest with your right knee.

#### Wrist Releases:

#1 – (Same side) Attacker grabs your right hand with their left hand. Keep the right elbow close to your side and turn your wrist so that the small of the wrist is toward the gap of the attacker's thumb and index finger. Pull wrist toward the attacker's thumb, while turning away from the attacker to escape.

#2 – (Cross grip) Attacker grabs your right hand with their right hand. Keep the right elbow close to your side, turn the wrist so that the small of the wrist is toward the gap of the attacker's thumb and index finger. Pull wrist toward the attacker's thumb, while turning away from the attacker to escape.

#3 – (Two hand release) Attacker grabs your wrist with both hands. With your free hand grab your wrist and pull up toward the attacker's thumbs to escape.

Meaning of White Belt: Signifies innocence as that of a beginning student who has no previous knowledge of the art of Tae Kwon Do.