

White belt (10th gup) for promotion to 9th gup

1. **Stances:**
 - a. Attention stance (*charyot sogi*), bow (*kyong ye*)
 - b. Parallel stance (*narani sogi*), parallel ready stance (*narani junbi sogi*)
 - c. Walking stance (*gunnun sogi*), walking ready stance (*gunnun junbi sogi*)

2. **Defensive techniques:**
 - a. Forearm low block (*palmok najunde makgi*)
 - b. Knifehand low block (*sonkal najunde makgi*)
 - c. Inner forearm side block (*an palmok yop makgi*)
 - d. Front rising kick (*apcha olligi*)

3. **Offensive techniques:**
 - a. Forefist high/middle/low front punch
(*ap joomuk nopunde/kaunde/najunde ap jirugi*)
 - b. Front snap kick (*apcha busigi*)

4. **Fundamental exercises:**
 - a. Four direction punch (*saju jirugi*)
 - b. Four direction block (*saju makgi*)

5. **Theory:**
 - a. Taekwon-Do terminology:
Training area – *do jang* Training uniform – *do bok*
High – *nopunde* Middle – *kaunde* Low – *najunde*
Punch – *jirugi* Block – *makgi* Kick – *chagi*
 - b. Founder of Taekwon-Do: General Choi Hong Hi (1918 – 2002)
 - c. Meaning of the white belt
White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.
 - d. Tenets of Taekwon-Do:
Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit
 - e. Student Oath:
I shall observe the tenets of Taekwon-Do
I shall respect the instructor and seniors
I shall never misuse Taekwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world