

10th Gup: White Belt Grading Syllabus

What does my belt represent?

White represents a primitive stage of achievement. Thus, the seed as it lies dormant beneath the snows of winter.

Physical:

5 Push Ups

5 Sit Ups

5 Jumping Jacks

Technical:

10 punches in up right stance (feet shoulders width)

10 front stretch kicks (rising kicks)

Walking in front stance (with hip twist)

Walking in back stance with strong guard

Low block static (shoulders width stance)

High block static (shoulders width stance)

4-corner block

Theory:

What is 1-5 in Korean?

What is your suit called in Korean?

What is the training hall called in Korean?

What is the full name and grade of your instructor?

What does Tang Soo Do mean in English?