

9TH 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 / Spirit test

10 Jumping Jacks
10 Squat Kicks
10 Push ups
10 Sit ups
30 Punches horse stance

*And any other physical exercises at the examiners discretion

Techniques

Hands

- Punch horse stance 1, 2, low middle high
- Low block – Walking front stance
- High block – Walking front stance
- Inside to outside block – Walking front stance
- Outside to inside block – Walking front stance
- Stepping punch

Kicks

- Front stretch kick
- Inside to outside kick
- Outside to inside kick
- Front kick
- Roundhouse kick
- Turning side kick
- Back kick

Forms/Patterns (Hyungs)

Basic form 1 (Kicho hyung Il bu)

Basic form 2 (Kicho hyung E bu)

Sparring

One for One (Non-contact)

Theory

1. From what country does Tang Soo Do originate?
2. What is 1-5 in Korean?

3. What is the Korean for Training suit?
4. What is the Korean for Training hall?
5. What is the Korean for belt?
6. What is the English translation for Tang Soo Do?
7. Who is the founder of modern Tang Soo Do?
8. What is the meaning of white belt?
9. Name the 5 codes of Tang Soo Do
10. How many moves are in Kicho Hyung Il Bu and E Bu?