

Promotion to Yellow Stripe – 9th Kup

- **Warm Up**
Sprint on the spot
20 press ups
20 sit ups
20 jumping jacks
Sitting stance single & double punches
- **Traditional Line Work**
Walking stance - obverse punch (forward/backward)
Walking stance - obverse low block (forward, backward).
Walking stance - obverse inner forearm middle block, reverse punch
Front snap kick (back leg) - forearm guard in L stance
- **Freestyle Line Work**
Double punch
Double punch - front kick
Double punch - turning kick
- **Set Sparring**
Three step semi-free sparring (front kicks only)
Three step sparring (Number 1)
- **Self Defence**
Straight punch to face
- **Pad Drills**
Pad drill number 1 (right & left side)
- **Bag Work**
Front kicks (back leg)
- **Theory**
All theory to be learnt on the reverse of this document

PROMOTION TO YELLOW STRIPE

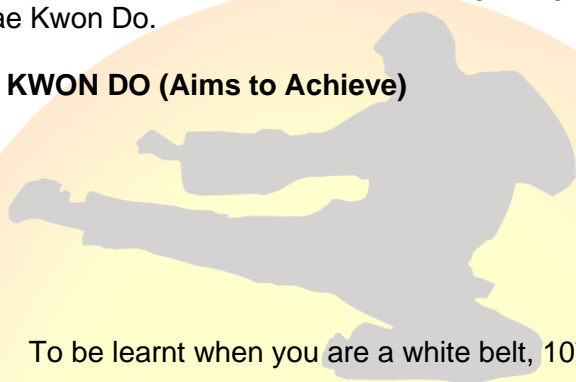
1. **What does Tae Kwon Do literally mean / translate to?**
FOOT (Tae), HAND (Kwon), WAY or ART (Do).
2. **Who founded Tae Kwon Do?**
TAE KWON DO was founded by General Choi Hong Hi, 9th Dan.
3. **What is the meaning of white belt?**
Please see below.
4. **What are the 5 tenets of Tae Kwon Do?**
Please see below.

MEANING OF BELT COLOURS

WHITE: Signifies innocence, as that of a beginning student with no previous knowledge of Tae Kwon Do.

5 TENETS OF TAE KWON DO (Aims to Achieve)

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit



To be learnt when you are a white belt, 10th Kup.

ROSSNELL PERES
MARTIAL ARTS
ACADEMY