



Cassie Oury's Children's School of Tae Kwon-Do



Instructor Cassie Oury

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Grading Requirements

10th Kup (White Belt) to 9th Kup (Yellow Tag)

Theory

White represents innocence, as the beginner has no knowledge of Tae kwon-do

Yellow represents the earth in which the seed takes root as the Tae kwon-do foundations are being laid

	Foot fist art	Tae kwon-do	Bow	Kyong ye
			Begin	Si jak
5 tenets of Tae kwon-do	Courtesy		Shout	Kihap
	Integrity			
	Perseverance		Front leg raise	Apcha olligi
	Self-control			
	Indomitable spirit		Block	Maki
			Middle block	Kayunde maki
Training hall	Dojang		Low block	Najunde maki
Training uniform	Dobok			
Belt	Ti		Forefist	Ap joomuk
			Punch	Jirugi
Stance	Sogi		Obverse punch	Baro jirugi
Attention stance	Chariot sogi		Reverse punch	Bandai jirugi
Ready [stance]	Chunbi [sogi]	4-directional punching		Sajo jirugi
Return to ready stance	Barrol			
Sitting stance	Annan sogi		Kick	Chagi
Walking stance	Gunnan sogi		Front kick	Ap chagi
High section	Nopunde		Forearm	Palmok
Middle section	Kayunde		Inner forearm	An palmok
Low section	Najunde		Outer forearm	Bakat palmok

Practice

10 press-ups
4-directional punching
Sitting stance, 10 mid-section punches
Walking stance, mid-section punch
Walking stance, middle inner-forearm block
Walking stance, middle inner-forearm block, reverse punch