



## Thibado TKD

## Belt Requirements

<b>BELT</b>	9 <sup>TH</sup> GUP WHITE BELT
<b>NEW PATTERNS/ EXERCISES</b>	4-Directional Punch (Saju Jurugi) 4-Directional Block (Saju Makgi)
<b>NEW KICKS</b>	Front snap kick Side front snap kick
<b>NEW HAND TECHNIQUES</b>	Front punch with the forefist Side block with the inner forearm Low block with the outer forearm Low block with the knife-hand
<b>NEW STANCES</b>	Parallel ready stance (narani junbi sogi) Attention stance (charyot sogi) Sitting stance (annun sogi) Walking stance (gunnun sogi) L-stance (niunja sogi)
<b>STEP SPARRING</b>	Beginning 3-step sparring (alone)
<b>TOURNAMENT COMPETITION</b>	Tournament competition is not available at this rank
<b>HO SIN SUL</b>	Two releases from a straight grab to the wrist Two releases from a cross grab to the wrist
<b>BREAKING</b>	
<b>MEN - HANDS</b>	none
<b>MEN – FEET</b>	none
<b>WOMEN/ JUNIORS – HANDS</b>	none
<b>WOMEN/ JUNIORS – FEET</b>	none
<b>PEEWEEES – HANDS</b>	none
<b>PEWEEES – FEET</b>	none

### REQUIRED KNOWLEDGE:

#### THE MEANING OF WHITE BELT:

White signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-Do.

#### COUNTING TO TEN IN KOREAN:

One	Hana		Six	Yasot
Two	Dool		Seven	Ilgop
Three	Set		Eight	Yodul
Four	Net		Nine	Ahop
Five	Daset		Ten	Yol

#### TAEKWON-DO COLOR BELT SYSTEM:

10 <sup>TH</sup> gup	White		5 <sup>th</sup> gup	Blue stripe
9 <sup>th</sup> gup	Yellow stripe		4 <sup>th</sup> gup	Blue



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8 <sup>th</sup> gup	Yellow		3 <sup>rd</sup> gup	Red stripe
7 <sup>th</sup> gup	Green stripe		2 <sup>nd</sup> gup	Red
6 <sup>th</sup> gup	Green		1 <sup>st</sup> gup	Black stipe

### CHARACTERISTICS OF AN ATTENTION STANCE (CHARYOT SOGI):

LENGTH: 0.0 shoulder width

MEASURED FROM: Front N/A

Rear N/A

WIDTH: 0.0 shoulder width

MEASURED FROM: Front N/A

Rear N/A

WEIGHT DISTRIBUTION (F/R): 50%/50%

AVAILABLE FACINGS: Full



**Additional Notes:** The heels of the feet are together forming a 45 degree angle and knees are locked. The arms are dropped naturally at the sides and the elbows are partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.

### CHARACTERISTICS OF A PARALLEL READY STANCE (NARANI JUNBI SOGI):

LENGTH: 0.0 shoulder width

MEASURED FROM: Front N/A

Rear N/A

WIDTH: 1.0 shoulder width

MEASURED FROM: Front Footsword

Rear Footsword

WEIGHT DISTRIBUTION (F/R): 50%/50%

AVAILABLE FACINGS: Full or side



**Additional Notes:** The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30-degrees and the lower arms are bent upward at 40 degrees.