

ADULT DEVELOPMENT PROGRAM

10th – 9th Gup

White Belt to Yellow Tag

TECHNIQUES:

- Moving Left Leg: Sitting Stance, Middle Front Punch (10 punches) (Counting to 10 in Korean)
- Step Forward / Backward 4 Times: Walking Stance, Middle Obverse Punch
- Step Forward / Backward 4 Times: Walking Stance Low Obverse Knife-hand Block
- Step Forward / Backward 4 Times: Walking Stance, Middle Inner Forearm Block
- Step Forward / Backward 4 Times: Front kick, Landing in Walking Ready Stance

PATTERNS:

- 4 Direction Front Kick (Both Legs)
- Saju Makgi: 4 Direction Block
- Saju Jirugi: 4 Direction Punch

SPARRING

- Not Applicable at this grade.

LEG PLACEMENT: Hold out for a count of THREE

- 4 Direction Front Kick

THEORY:

Answer the following Questions. (Students **MUST** answer all questions correctly)

Name the following in Korean:

- | | | |
|--------------------|----|-----------------|
| Walking Stance | 2. | Punch |
| 3. Parallel Stance | 4. | Front Snap Kick |
| 5. Low Block | 6. | Middle Block |
| 7. Ready | 8. | Training Suit |
| 9. Training Hall | | |

Name the following in English:

10. Saju Jirugi
11. Saju Makgi
12. Sa Bhang Mako Chagi

Name the following:

- | | |
|-------------------------------|--|
| 13. The meaning of White Belt | 14. The founder of the UITF |
| 15. The President of UTFS is | 16. Your Instructor(s) and their grade |

DESTRUCTION:

- Not Applicable at this grade.

APPLICATION OF TECHNIQUE:

- Not Applicable at this grade.