

Please be aware that the following is intended to be a guide ONLY. The Grading Examiner is entitled to omit or include any elements at their discretion.

Grading Syllabus

10th Kup White Belt

- Identify yourself
- Sitting Stance single punch (count 10)
- Walking Ready Stance Front leg rising kick both legs (count 10)
- 10 Push ups (counting)
- Walking Stance middle punch (forwards & backwards)
- Walking Stance low block reverse punch (forwards & backwards)
- Walking Stance middle block reverse punch (forwards & backwards)
- Exercise Sajo jurugi variation 1 & 2
- Korean theory questions