







10th Kup – White Belt- Merit Badges
To be done in order. One every 6 weeks

-  1. Middle, Reverse & Double Punch no.6
-  2. 50 of any TKD Exercise no.72
-  3. Low Outerforearm & Knife hand blocks no.3
-  4. TKD Belt tied correctly no.30
-  5. Saju Jirugi & Saju Magki no. 77
Four Directional punch & Block)
-  6. Terminology for grading no. 29

9th Kup- White Belt yellow tag- Merit Badges
To be done in order.

-  1. Straight leg Raising Kick
& Downward Kick no.25
-  2. High section Rising block with Low
outer forearm block no. 1
-  3. Low Front Snap Kick & Double Punch
10 each leg without putting on floor no. 10
-  4. Middle Inner Forearm Block
In L-Stance all directions no 5
-  5. Korean Terminology 1-10,
class commands & Grade relevant no. 28
-  6. All stances lengths, widths &
Chon-Ji no.17