MBA KIDS

THEORY FOR WHITE BELTS (10TH KUP) GRADING TO YELLOW TAG (9TH KUP)

Meaning of White Belt

- Full version: Signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.
- Short version (for young students): Innocence. The beginning student.

Stances

- Charyot Sogi – Attention Stance (the bow stance at the start of the class)
- Narani Sogi – Parallel Stance
- Gunnun Sogi – Walking Stance
- Annun Sogi – Sitting Stance

Parts of hands and feet

- Ap Joomuk – forefist (two large knuckles)
- Knifehand – Sonkal
- Bakat Palmok – Outer Forearm
- An Palmok – Inner Forearm

Movements

- Forefist Punch – Ap Joomuk Jirugi
- Low Outer Forearm Block – Najunde Bakat Palmok Makgi
- Inner Forearm Block – An Palmok Makgi
- Knifehand Block – Sonkal Makgi
- Front Kick – Ap Chagi

General Knowledge

- The first tenet of Taekwon-do is **Courtesy**
- The founder of Taekwon-do was **General Choi 9th Degree**
- Taekwon-do means **the art of hand and foot**
- Training secret 1: – **to study the theory of power thoroughly**

MBA FAMILY - MARTIAL ARTS - FITNESS

MBA KIDS

THEORY YELLOW TAGS (9TH KUP) GRADING TO YELLOW BELT (8TH KUP)

In addition to the knowledge required for previous belts Yellow tags grading for Yellow belt should know the following:

Meaning of Yellow:

- Yellow signifies earth, from which a plant sprouts root as the Tae Kwon-Do foundation is being laid.

Yellow Tag Pattern: CHON- JI (19 Moves)

- *Full Version:* Chon-Ji means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

- *Short Version (for younger students)*: Chon-Ji means heaven and earth. The pattern for the beginner.

Stances

- Niunja Sogi – L-Stance

Parts of hands and feet

- Ap Kumchi – ball of the foot

Movements

- High Section Rising Block – Nopundae Chookyo Makgi
- Front Kick Double Punch – Ap Chagi Doo Jirugi

General Knowledge

From the general Taekwon-Do knowledge pages Yellow Tags should know:

- Training Secret 2: – **to understand the purpose and method of each movement clearly**
- All 5 tenets of TaeKwon-Do
    - Courtesy
    - Integrity
    - Perseverance
    - Self-Control
    - Indomitable Spirit

MBA FAMILY - MARTIAL ARTS - FITNESS

MBA KIDS

THEORY YELLOW BELTS (8TH KUP) GRADING TO GREEN TAGS (7TH KUP)

In addition to the knowledge required for previous belts Yellow tags grading for Yellow belt should know the following:

Meaning of Green:

- Signifies the plant's growth, as Tae Kwon-Do skills begin to develop.

Yellow Belt Pattern - DAN-GUN (21 Moves)

- Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 BC.

Movements

- Knifehand Guarding Block – Sonkal Daebi Makgi
- High Section Punch – Nopundae Ap Joomuk Jirugi
- Twin Forearm Block – Sang Palmok Makgi
- Knifehand Side Strike – Sonkal Yop Taerigi
- Side Kick – Yop Chagi
- Turning Kick – Dollyo Chagi

Parts of Hands/Feet

- Footsword - Balkal
- Forearm – Bakat Palmok

Motions

- Continuous Motion – Two or more techniques linked by (one) breath. Where applied to two techniques, full sine wave is applied. (as in Dan-Gun).

General Knowledge

- Training Secret 3 : **To bring the action of eyes, hands, feet and breath into one single coordinated action**
- General Taekwon-do knowledge from previous grades

MBA FAMILY - MARTIAL ARTS - FITNESS

MBA KIDS

THEORY GREEN TAGS (7TH KUP) GRADING TO GREEN BELT (6TH KUP)

In addition to the knowledge required for previous belts Yellow tags grading for Yellow belt should know the following:

Meaning of Green:

- Signifies the plant's growth, as Tae Kwon-Do skills begin to develop.

Green Tag Pattern DO-SAN (24 Moves)

- Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Movements

- High Section Outer Forearm Block – Nopundae Bakat Palmok Makgi
- Straight Fingertip Thrust – Sun Sonkut Tulgi
- Release – Jap-yosul Tae
- Backfist Side Strike – Dung Joomuk Yop Taerigi
- Outer Forearm Wedging Block – Bakat Palmok Heycho Makgi
- Front Snap Kick – Apcha Busigi

Parts of Hands/Feet

- Fingertips – Sonkut
- Backfist – Dung Joomuk

Motions

- Fast Motion – Two techniques in fast succession, 1 sine wave for the first, ½ sine wave for the second, one breath for each technique. (as in double punch).

General Knowledge

- Training Secrets 4 – To choose the appropriate attacking tool for each vital spot
- Knowledge of hand and foot parts
- An understanding of stances relevant up to their grade:
    - For juniors – lengths and widths of stances
    - For Seniors also be able to explain how stances are measured

MBA FAMILY - MARTIAL ARTS - FITNESS