



10<sup>th</sup> Kup



**Exercises: Saju-Jirugi 15 Moves; Saju- Makgi 17 Moves** (outlined in full on the last page)  
*4 Direction punch and 4 Direction block are the first exercises learnt by the beginner. They are not classed as patterns, but as an introduction to coordinating your body to be equally good on both sides.*

**Top Tips for performing Saju-Jirugi and Saju-Makgi**

- Concentrate on keeping your non-stepping foot still and just rotating through the sections of the exercise. If you are struggling, ask a partner to hold your static foot and also try just doing the leg sections.
- Concentrate on correct hand shape. The fist should be angled down, so the 2 largest knuckles would be the point of contact as the attacking tool.
- Keep your head up. Pick a point of focus on the walls as you rotate through the moves.

## Aim to get to the next level

Tick when competent

*For more details please ask your instructor*



Technique to work on	Goal	
Front Rising Kick	Achieve head height kicks to stretch the hamstrings	<input type="checkbox"/>
Blocks	Demonstrate low and middle blocks	<input type="checkbox"/>
Obverse Punch	Execute correct posture and walking stance. Repeat in sitting stance	<input type="checkbox"/>
Reverse Punch	Execute correctly. Repeat combined with middle block	<input type="checkbox"/>
Sine Wave	Explain the basic principles of sine-wave	<input type="checkbox"/>
<b>Physical</b>		
Press ups	Be able to complete 10 proper technique press ups	<input type="checkbox"/>
Star Jumps	Work on your overall aerobic fitness	<input type="checkbox"/>
Core strength	Plank for 45 seconds	<input type="checkbox"/>



10<sup>th</sup> Kup



**Self Defence**

<p>Face each other,  <b>Instructor: 'Charyot Kyong Ye'</b>  <b>Students: 'Taekwon'</b>  <b>Instructor: 'Chunbi' Attacker right foot back into guard 'yop' then defender 'yop' when ready to go</b></p>			
<p>Examples below. More information in the Self -Defence section of the web site</p>			
No	Attack	Defence	Finish
1	Same side grab (right arm to opponents left arm)	<b>Standard Release</b> An energised downwards move to force the release	Step back into guard
2	Grab defender	<b>Release Attack</b> Release the grip and counter with an attacking technique	Step back into guard
<p><b>Instructor: 'Baro'</b></p>			
<p>Note: Standard protocol for the attacker is to hold position once defender has forced the release</p>			

<b>Grading Theory to Revise</b>	
Find out the name and rank of your instructor	<input type="checkbox"/>
The founder of Taekwon-Do and date it was inaugurated. Also the year Rhee Ki Ha started in the UK	<input type="checkbox"/>
Translate "Taekwon-Do" to English	<input type="checkbox"/>
What does 'White' signify in Taekwon-Do?	<input type="checkbox"/>
<b>Remember the Korean terminology for the following</b>	
Stance: <b>Sogi</b> often shortened to "So" when used in the middle of a sentence	<input type="checkbox"/>
Low section: <b>Najunde</b>	<input type="checkbox"/>
Ready: <b>Chunbi</b> as in the position you start a pattern in	<input type="checkbox"/>



10<sup>th</sup> Kup



SAJU-JIRUGI, SAJU-MAKGI			Saju-Jirugi and Saju-Makgi are exercises (not classed as patterns) and the first choreographed set of offensive and defensive movements designed for the beginner to develop coordination.	
Moves: 15 and 17			Ready Position: Narani Chunbi Sogi	
			Technique	
Step	Move	Stance	English	Korean
<b>Saju-Jirugi</b>				
1	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
2	left 90	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
3	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
4	left 90	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
5	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
6	left 90	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
7	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
8	left 90	Narani	Parallel Stance	Narani Chunbi Sogi
9	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
10	right 90	right Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
11	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
12	right 90	right Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
13	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
14	right 90	right Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
15	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
<b>End</b>	Bring left foot back to Narani Chunbi Sogi			
<b>Saju-Makgi</b>				
1	back	left Gunnun	Low section knife-hand block	Najunde Sonkal Makgi
2	forward	right Gunnun	Mid section inner forearm block	Kaunde An Palmok Makgi
3	left 90	left Gunnun	Low section knife-hand block	Najunde Sonkal Makgi
4	forward	right Gunnun	Mid section inner forearm block	Kaunde An Palmok Makgi
5	left 90	left Gunnun	Low section knife-hand block	Najunde Sonkal Makgi
6	forward	right Gunnun	Mid section inner forearm block	Kaunde An Palmok Makgi
7	left 90	left Gunnun	Low section knife-hand block	Najunde Sonkal Makgi
8	forward	right Gunnun	Mid section inner forearm block	Kaunde An Palmok Makgi
9	left 90	Narani	Parallel Stance	Narani Chunbi Sogi
10	back	right Gunnun	Low section knife-hand block	Najunde Sonkal Makgi
11	forward	left Gunnun	Mid section inner forearm block	Kaunde An Palmok Makgi
12	right 90	right Gunnun	Low section knife-hand block	Najunde Sonkal Makgi
13	forward	left Gunnun	Mid section inner forearm block	Kaunde An Palmok Makgi
14	right 90	right Gunnun	Low section knife-hand block	Najunde Sonkal Makgi
15	forward	left Gunnun	Mid section inner forearm block	Kaunde An Palmok Makgi
16	right 90	right Gunnun	Low section knife-hand block	Najunde Sonkal Makgi
17	forward	left Gunnun	Mid section inner forearm block	Kaunde An Palmok Makgi
<b>End</b>	Bring left foot back to Narani Chunbi Sogi			