

Yellow stripe belt / 9th Kup - Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

Practical

Sitting Stance – Double Punch
Walking Ready Stance - Front Kick
Walking Stance – Double Punch
L Stance – Middle Block
L Stance – Knifehand Strike
Walking Stance – Low Block / Rising Block
Pattern - Chon-Ji

Theory

Meaning Of Yellow Belt

Yellow signifies the Earth, from which a plant sprouts and takes root, as Tae Kwon-Do foundation is being laid

Korean Terms

Back (as in back fist)	Dung
Ball of foot	Ap Kumchi
Footsword	Balkal
Front snap kick	Ap Chabusigi
Guarding block	Daebi makgi
Head	Mori
Kick	Chagi
L Stance	Niunja Sogi
Left	Wen
Outside	Bakat
Pattern	Tul
Press ups	Momtong Bachia
Ready stance	Chumbi sogi
Right	Orun
Rising Block	Chookyoo makgi
Side	Yop
Three step sparring	Sambo matsoki

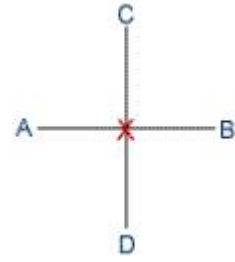
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Pattern - Chon-Ji

Number of Movements: 19

Meaning of Chon-Ji:

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



Starting Position: Parallel ready stance

The illustrations for this pattern assume that the student is standing on line AB and facing D

1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm
6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm
8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm
10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm
12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist
13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm
14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist
15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm
16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist
17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist
19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist

END: Bring the left foot back to a ready posture