

Grading Information 9th KUP Yellow Tag

Practical

Pattern Chon Ji

Sitting Stance, Double Punch

Front Kick in Walking Ready Stance

Line Work:

Forwards in walking stance middle section double punch

Backwards in L-Stance middle section block

Forwards in L-Stance knife hand strike

Backwards in walking stance low block rising block combination

Theory

Meaning of Yellow Belt

The meaning of yellow belt signifies earth, from which a plant sprouts and takes root as Tae Kwon Do foundation is being laid.

Interpretation of Pattern, Chon Ji (19 Movements)

Chon Ji means literally the "Heaven and 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 performed by the beginner. The pattern consists of two similar parts, one to represent the heaven, the other the earth.

English to Korean Translation

Attacks

Forefist Punch

Ap Joomak Jirugi

Double Punch

Ibo Jirugi

Front Kick

Ap Chagi

Knife Hand Strike

Sonkal Taerigi

Stances

Parallel Ready Stance

Narani Junbi Sogi

Walking Stance

Gunnun Sogi

L-Stance

Niunja Sogi

Blocks

Low Section Outer Forearm Block

Najunde Bakat Polmak Makgi

Middle Section Inner Forearm Block

Kaeundi an Polmak Makgi

Rising Block

Chookyo Makgi

Important

Revise Previous Sheets