



Brownhills Tae Kwon Do Tigers

9th KUP Yellow Tag Grading Sheet

Practical

Line up in front of the Master in attention stance

Come to attention and bow

Say your name then 9th KUP Sir holding up your right hand.

Sitting stance 5 double punches.

Front kick exercise 5 times each leg in walking stance.

Pattern Chon Ji

Line work:

Forwards in walking stance double punch

Backwards in L stance middle block

Forwards in walking stance rising block

Backwards in L-stance knife hand strike.

Questions

What is the meaning of Chon Ji

How many moves in Chon Ji

How much weight on back leg and front leg in L Stance? 70% back leg 30% front leg

What is rising block

What is forearm

What is punch in Korean

What is the name of the training suit

Answers

Chon Ji means the Heaven and Earth

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70% back leg 30% front leg

Chookyo makgi, (chuck-e-o)

Palmok, (pal-mock)

Jirugi, (jer-oo-gee)

Dobok, (doe-bok)

REMEMBER!!!

No talking in line or at the back of the Dojang while the grading is taking place.

No running around before the grading, just practice.

Call your Instructor, Master or any other black belts Sir for males and Mamm for females.

When leaving the Dojang make sure to bow at the door and leave quietly.