



Revision information for: 9 KUP

Yellow belt – Signifies Earth from which a plant sprouts and takes root as the Taekwon-do foundation being laid.

Pattern:

CHON JI 19 Movements

Means literally “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 first pattern taught to the beginner. It consist of two similar parts – one to represent Heaven the other the Earth.

STANCES

Parallel ready

Walking Stance

`L` Stance

NARANI JUMBI SOGI

GUNNAN SOGI

NIUNJA SOGI

BLOCKS

Low Block

Middle Inner Forearm Block

NOPUNDE BAKAT PALMOK MAKGI

KAUNDE AN PALMOK MAKGI

ATTACKS

Middle Obverse Punch

KAUNDE BARO JIRUGI

OTHER THEORY

STANCES

Sitting Stance

Walking Ready Stance

ANNUN SOGI

GUNNAN CHUMBI SOGI

BLOCKS

Rising Block

CHOOKYO
MAKGI

ATTACKS (HAND)

Middle Reverse Punch

Double Punch

Knife Hand Strike

KAUNDE BANDEA AP JOOMUK
JIRUGI

DOO JOOMUK JIRIGI

KAUNDE SONKAL TAERIGI

ATTACKS (LEG)

Front Kick

Side Kick

Turning Kick

Downward (axe) Kick

AP CHAGI

YOP CHAGI

DOLLYO CHAGI

NAERYO CHAGI