

# South Midlands Tae Kwon-Do

## GRADING INFORMATION – 9<sup>th</sup> KUP / YELLOW TAG

### Practical Grading Required

Pattern – **Chon-Ji**

L-Stance - Knife-hand Strike

L-Stance - Middle Block

Sitting Stance - Double Punch

Walking Stance - Double Punch

Walking Ready Stance - Front Kick

Walking Stance - Low Block Rising Block

### Theory Study Required

#### Meaning of Yellow Belt

Yellow signifies the Earth from which a plant sprouts and takes root, as the foundations of Tae Kwon-Do are being laid.

#### Interpretation of Chon Ji

Chon Ji, 19 movement pattern - means literally “the Heaven the Earth”. In the orient it is interpreted as the creation of the world or the beginning of human history, it is therefore the initial pattern performed by the beginner. The pattern consists of two similar parts, one to represent the Heaven and the other the Earth.

### Korean Terminology Study Required

L-stance Niunja sogi

Walking ready stance Gunnun junbi sogi

Forearm rising block Palmok chookyo makgi

Obverse punch Baro jirugi

Reverse punch Bandae jirugi

Double punch Dibo jirugi

Front kick Ap chagi

Side kick Yop chagi

One Hanna

Two Dool

Three Seth

Four Neth

High Nopunde

Middle Kaunde

Low Najunde

Instructor Sabum

Student Jeja

( Variations of the grading format are at the examiners discretion, this sheet is for guidance only)

