


WHITE BELT YELLOW TAG – 9th KUP

THEORY

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 to represent the Earth.

No. of movements = 19

Diagram = 

Pattern (Tul) is a set of fundamental movements both offensive and defensive against an imaginary opponent.

Yellow Belt signifies Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

An **obverse technique** is one in which the attacking or blocking arm is on the same side as that of the leading leg.

A **reverse technique** is one in which the attacking or blocking arm is on the opposite side as that of the leading leg.

The leading leg is the one that carries the most weight. For example in L stance it is the rear leg. For stances with equal weight distribution such as walking stance the leading leg is the front leg. For symmetrical stances such as parallel stance and sitting stance neither leg is a leading leg.

The following apply to punching, striking and thrusting techniques:

A **high attack** is when the attacking tool reaches the eye level of the attacker.

A **middle attack** is when the attacking tool reaches the shoulder level of the attacker.

A **low attack** is when the attacking tool reaches the umbilicus level of the attacker.

TERMINOLOGY

L Stance	-	Niunja Sogi
Forearm Guarding Block	-	Palmok Daebi Makgi
Obverse	-	Baro
Reverse	-	Bandae

GRADING SYLLABUS

BASIC TECHNIQUES

1) Sitting Stance 2 Middle Punches	Right, Left x 5 Left, Right x 5
2) Low Front Snap Kick, Walking Stance Middle Obverse Punch	Forward x 4
3) Walking Stance Inner Forearm Middle Block, Middle Reverse Punch	Backward x 4
4) L Stance Knifehand Middle Side Strike	Forward x 4
5) L Stance Forearm Middle Guarding Block	Backward x 4

PATTERNS

4 Directional Punch
4 Directional Block
Chon Ji Tul

THEORY