

GRADING REQUIREMENTS FOR 9TH KUP YELLOW TAGS

CHON-JI

19 MOVEMENTS

LITERALLY TRANSLATED MEANS "HEAVEN AND EARTH". IN THE ORIENT IT IS INTERPRETED AS THE CREATION OF THE WORLD OR THE BEGINNING OF HUMAN HISTORY, THEREFORE IT IS THE INITIAL PATTERN PRACTISED BY THE BEGINNER IT CONSISTS OF TWO SIMILAR PARTS, ONE REPRESENTING HEAVEN AND THE OTHER EARTH.

PRACTICAL/FLOORWORK

BASIC EXERCISES

20 PRESS UPS

LEG RAISING EXERCISE

SAJU MAKGI – FOR DIRECTIONAL BLOCK

SAJU JIRUGI – FOUR DIRECTIONAL PUNCH

SITTING STANCE

SINGLE/DOUBLE PUNCH/ BLOCKS/PUNCHES/ BLOCK AND PUNCH
WHILE COUNTING 1-10 IN KOREAN

WALKING STANCE

LOW/MIDDLE/ HIGH SECTION BLOCKS

MIDDLE/HIGH SECTION PUNCH

COMBINATIONS OF ABOVE

L-STANCE

GUARDING/KNIFEHAND GUARDING BLOCK/ DOUBLE FOREARM BLOCK
KNIFEHAND STRIKE

LINEWORK

FRONT KICK/ TURNING KICK/ SIDE KICK

FRONT KICK DOUBLE PUNCH

PATTERN

CHON-JI TUL

SET SPARRING

3-STEP SPARRING 1 - 4

SELF DEFENCE

WRIST GRAB OPPOSING SIDE E.G ATTACKERS RIGHT HAND GRABS DEFENDERS RIGHT WRIST, WRIST GRAB SAME SIDE, DOUBLE WRIST GRAB FROM THE FRONT.

THEORY

YELLOW BELT MEANING

WHAT IS THE MOST IMPORTANT MOVE IN TAE KWON DO