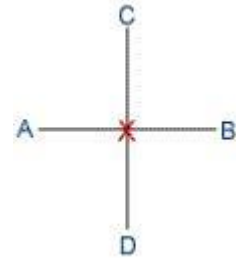


GRADING INFORMATION FOR 9TH KUP YELLOW TAG

PRACTICAL

PATTERN CHON – JI
SITTING STANCE DOUBLE PUNCH
20 PRESS UPS
WALKING STANCE FRONT KICK DOUBLE PUNCH
WALKING STANCE MIDDLE BLOCK REVERSE PUNCH



THEORY

YELLOW BELT – SIGNIFIES EARTH, FROM WHICH A PLANT SPROUTS AND TAKES ROOT AS THE TAE KWON-DO FOUNDATION IS BEING LAID.

CHON – JI – 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 INITIAL PATTERN PLAYED BY THE BEGINNER. THE CONSISTS OF TWO SIMILAR HALVES ONE TO REPRESENT HEAVEN THE OTHER EARTH. 19 MOVEMENTS.

STANCES IN CHON – JI

PARALLEL READY STANCE	NARANI JUNBI SOGI
WALKING STANCE	GUNNAN SOGI
L STANCE	NIUNJA SOGI

BLOCKS IN CHON – JI

LOW SECTION OUTER FOREARM BLOCK	NAJUNDE BAKAT PALMOK MAKGI
MIDDLE SECTION INNER FOREARM BLOCK	KAUNDE AP PALMOK MAKGI

ATTACKS IN CHON – JI

MIDDLE SECTION FOREFIRST PUNCH	KAUNDE AP JOOMUK JIRUGI
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OTHER ENGLISH / KOREAN WORDS

DOUBLE PUNCH	IBO JIRUGI
FRONT KICK	AP CHAGI
RISING BLOCK	CHOOKYO MAKGI
ATTENTION STANCE	CHARYOT SOGI
4 DIRECTIONAL MOVEMENTS	SAJU JIRUGI