

## 9<sup>TH</sup> KUP GRADE SHEET – WHITE BELT – Yellow tag

To pass your grading will have to demonstrate:

- Anything you have previously learnt plus:
- Sitting Stance Double Punch (ten times)
- Leg Raising exercise (10 times)
- Twenty (20) Press-ups
- Pattern -Chonji Tul
- Walking Stance Low block, Rising Block
- Front Kick Double Punch
- Three step Sparring 1-3
- L-Stance

### Interpretation (meaning) of Chonji – 19 moves

Chonji means literally “the Heaven the Earth”. It is in the orient, interpreted as the creation of the world or 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 the other the Earth.

**Yellow Belt signifies:** The earth from which the plant sprouts and takes root as Tae Kwon Do foundations are laid

**Meaning of a pattern:** A Pattern is a sequence of attacking and defensive movements against an imaginary opponent or opponents, enabling the use of full force if required.

**Name of a pattern:** Tul

### New Moves

Sonkal Yop Taerigi	-	Knife hand Side Strike.
Bakat Palmok Anuro Makgi	-	Outer Forearm Inward Block.
Chookyo Makgi	-	Rising Block
Ap Chagi	-	Front Kick
Ap Cha Bushigi	-	Front Snap Kick
Doo Jirugi	-	Double Punch

Remember, you can always be asked the questions that you got wrong last time.

Dung Joomuk Neiryō Taerigi - Back Fist Downward Strike

### **Sparring**

Sambo Matsoki - Three Step Sparring (1-3)

### **Parts of the body**

Ap Kumchi - Ball of the Foot

Sonkal - Knife hand

Dung joomuk - Back fist

### Examples

1. L-Stance, outer forearm inward block, back fist downward strike = Niunja sogi, bakat palmok anuro makgi, dung joomuk neiryō taerigi

2. L-Stance, inner forearm middle block, knife hand side strike = Niunja sogi, an palmok kaunde makgi, sonkal yop taerigi