

9TH KUP Grade Sheet – Yellow tag to Yellow Belt

Key areas you will be asked to demonstrate in the grading:

- **Anything you have previously learnt**
- Sitting Stance Double Punch (ten times)
- Twenty (20) Press-ups
- Pattern – Chon Ji Tul
- Walking Stance Low block, Rising Block
- Front Kick Double Punch
- Three step Sparring 1-3
- L-Stance

Interpretation (meaning) of Chon Ji – 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 (so for example Chon Ji is “Chon Ji tul”)

Knife hand Side Strike.	Sonkal Yop Taerigi
Outer Forearm Inward Block.	Bakat Palmok Anuro Makgi
Rising Block	Chookyo Makgi
Front Kick	Ap Chagi
Front Snap Kick	Ap Cha Bushigi
Double Punch	Doo Jurigi
Back Fist Downward Strike	Dung Joomuk Naeryo Taerigi
Ball of the Foot	Ap Kumchi
Knife hand	Sonkal
Back fist	Dung joomuk
L Stance	Niunja sogi

Three Step Sparring (1-3)	Sambo Matsoki
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