

9th Gup Requirements



Patterns

- Chon-Ji Tul

Kicking

- Outward crescent kick (Bakuro Bandal Chagi)
- Inward crescent kick (Anuro Bandal Chagi)
- Turning kick (Dollyo Chagi)

Blocking

- Outer forearm middle block (Bakat Palmok Kaunde Makgi)
- Forearm guarding block (Palmok Daebi Makgi)
- Forearm rising block (Palmok Chookyo Makgi)

Striking

- Open fist punch (Pyon Joomuk Jirugi)
- Elbow strike (Palkup Taerigi)

Sparring

- Unaccompanied 3-step sparring moves from your patterns (Sambo Matsogi)
- Free sparring – strictly non-contact (Jayo Matsogi)

Terminology/Theory

- Meaning and number of movements in Chon-Ji
- Meaning of yellow belt
- Korean counting 1 - 10
- Names and application of fundamental movements (as above)

Additional requirements

Spirit

Attendance

Recommended minimum 30 classes

Chon-Ji (19 movements)

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 the Earth.

Yellow belt meaning

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

SPIRIT Testing examiners Choice