

**What does yellow belt signify?** “A yellow belt signifies the earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid”.



Pattern **CHON-JI** (19 movements) *meaning*

‘CHON-JI literally means “the heaven and the earth”. It is in the Orient, interpreted as the creation of the world or the beginning of human history. It is therefore the initial pattern played by the beginner. The pattern consists of two similar parts – one to represent heaven and the other the earth’.

### General terms

- Left - **WEN**
- Right - **ORUN**
- Pattern - **TUL**

### Parts of the body

- Ball of the foot – **AP KUMCHI**
- Foot sword - **BALKAL**
- Head - **MORI**

### Stances

- L Stance – **NIUNJA SOGI**

### Basic Movements (Defensive)

- Rising block – **CHOOKYO MAKGI**
- Forearm guarding block– **PALMOK DAEBI MAKGI**

### Basic Movements (Offensive)

- Rising block – **CHOOKYO MAKGI**
- Forearm guarding block– **PALMOK DAEBI MAKGI**
- Forwards – **APRO KAGGI**
- Backwards – **DWIYRO KAGGI**

### YOUR 9<sup>th</sup> KUP GRADING

- IDENTIFY YOURSELF
- SITTING STANCE – DOUBLE PUNCH
- WALKING READY STANCE – FRONT SNAP KICK
- WALKING STANCE – DOUBLE PUNCH
- L STANCE – MIDDLE INNER FOREARM BLOCK
- L STANCE – KNIFEHAND STRIKE
- WALKING STANCE – LOW BLOCK/RISING BLOCK
- PATTERN – CHON-JI
- ALL THEORY UP TO AND INCLUDING THIS PAGE