

Testing Information

9th – 8th

Testing from Yellow Stripe (9th Gup) to Yellow Belt (8th Gup)

Pattern (tul) & interpretation:

Pattern Name: Chon-Ji

Ready Stance: Open Parallel Ready Stance

Movements: 19

Diagram: †

Interpretation

Chon-Ji means literally "the Heaven, the Earth". It is, in the orient, interpreted as the creation of 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.

Kicking Requirements

Dolly Chagi	Turning Kick
Dwitcha-Jirugi	Back Piercing Kick
Twimyo-Ap-Chagi	Jump Front Kick

Step Sparring

Free sparring begins – no contact

Sambo (3 step sparring with a partner) walking stance - 2 way

3 step beginner (walking stance *vs* walking stance) (2 way)

Attacker: w.s. low block /3 punches

Defender: w.s./basic block – 1 counter (beginner)

Note: person moving "forward" steps outside foot, inside foot, outside foot: (ball of foot to ball of foot)

Self-defense:

1 Release from a double grab to the lapel

1 Release from a double grab to the wrist

1 Release from a double-handed choke

Break:

Yop-Cha-Jirugi (Side Kick)	2 Boards Adult
Ap-Cha-Busigi (Front Snap Kick)	1 Board Junior

The Literal Translation of Tae Kwon-Do

Tae - jumping, flying to kick or smash with the foot

Kwon - fist, to punch, or to destroy with hand or fist

Do - art or way

Tae Kwon-Do - the mental training and techniques of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

Counting in Korean 1-10

1.	Hana	One
2.	Dool	Two
3.	Set	Three
4.	Net	Four
5.	Dasot	Five
6.	Yasot	Six
7.	Ilgop	Seven
8.	Yodul	Eight
9.	Ahop	Nine
10.	Yol	Ten

Uniform Recommendations

Club patch on right shoulder and USA patch on left shoulder are required on do-bok. Please have do-boks neat and clean for testing and tournaments.

Required Knowledge

Korea is the country in which Tae Kwon-do originated

General Choi Hong is the founding frather of Tae Kwon-do. He was a 9th degree black belt and Grand Master.

The Belt (Gup and Dan) Rank System

There are 6 colors of belts: white, yellow, green, blue, red and black. They are divided into 10 grade levels or colored belts called Gups, with 10th Gup (white belt) being the lowest and 1st Gup (red belt / black stripe) being the highest. There are 9 levels of black belt with 1st Dan being the lowest and 9th Dan being the highest.

New Stances

L – Stance: Length is 1 and 1/2 shoulder width measured from the foot sword of the rear foot, to the toes of the front foot. Width is 1” measured from the heel of the rear foot to the reverse foot sword of the front foot. The weight distribution is 70% on the rear leg, and 30% on the front leg; therefore, the leg with the most weight (rear leg) determines right or left stance.

New Techniques

1. L - Stance Middle Inner Forearm Block
2. Forward Step - Turning
3. Backward Step - Turning