



9th Kup Yellow Belt

GRADING INFORMATION: A licence/renewal costs £42 for 12 months.

The cost per grading is £32.

TAGB White Dobok suits must be worn for grading - these can be purchased at £38 for sizes 2 and below, and £40 for sizes 3 and above.

Pattern - Chon-Ji

PRACTICAL: Name is called: Shout "Here Sir/Ma'am!", and walk to the spot on the floor.

Attention and bow. Give your name, followed by grade (9th Kup Sir/Ma'am)

Step to the left into sitting stance measure with a single punch, 5 times Double punch

Step back with right leg into walking ready stance, low block

Stepping forward in a walking stance, Double middle punch

Stepping backwards in a walking stance, Low Block, Rising Block

Stepping forward in a walking stance, Front Kick low outer forearm block

L-Stance, Knife-hand Strike. L-Stance, Middle Block

Attention bow, and leave the floor.

The most important thing at grading is to LISTEN to instructions; they may be done in any order. Everyone makes mistakes, it's how you deal with them that counts!

THEORY: You will be asked any 3 questions from the following...

Questions from the theory are below. Any previous grading theory could also be asked:

Interpretation of pattern Chon Ji

Chon Ji, 19 movement pattern, means literally "the Heaven the Earth".

In the Orient it is interpreted as the creation of the world or the beginning of human history, it is therefore the initial pattern performed by the beginner.

The pattern consists of two similar parts, one to represent the Heaven, and the other the Earth.

Meaning of Yellow belt

Yellow Belt signifies the Earth from which a plant sprouts and takes root, as the foundations of Tae Kwon Do are being laid.

Korean Terminology required:

L-stance

Walking ready stance

Forearm rising block

Obverse punch

Student

Niunja sogi

Gunnun junbi sogi

Palmok chookyo makgi

Baro jirugi

Jeja

Front kick

Double punch

Reverse punch

Instructor

One - **Hanna**

Ap chag

Doo jirugi

Bandae jirugi

Sabum

Two - **Dool**

Three - **Seth** Four **Neth** High - **Nopunde** Middle - **Kaunde** - Low - **Najunde**

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