

Technical

Understand and correctly perform all 10th Kup techniques

Name and demonstrate L-stance

Understand and correctly perform the following defensive techniques:

Inside block, Outside block, Inward block and Outward block

Understand and correctly perform the following offensive techniques:

Front snap kick, Obverse Punch followed by a Reverse punch

Theory

Understand all 10th Kup requirements

Know the meaning of the "yellow" belt colour

Briefly explain what a "pattern" is in Ta Kwon Do

Know the meaning of the pattern Chon Ji

Understand the basic commands

Grading Requirements

Perform 20 push ups

Perform two single Forefist Middle punches in fast motion whilst in sitting stance

Stepping front snap kick into walking stance followed by obverse and reverse forefist middle punches

Stepping walking stance, Inner forearm middle block followed by a reverse punch

Perform pattern Chon Ji

General theory appropriate to a 9th Kup student

Theory Questions

- 1) Describe a "pattern"
- 2) Name the pattern and number of moves you have learnt
- 3) What is the meaning of the pattern you have learnt?
- 4) This pattern has two blocking techniques, name the techniques and the stances they are performed in (It is correct to describe the stance first followed by the technique)
- 5) What does the colour "yellow" signify in Tae



9th Kup Chon Ji 1 month 19 movements

Requirements:

- **Chon-Ji Tul** (*click for description*)
- Press Ups (20)
- Sitting Stance Double Punch (10)
- Front Kick / Obverse & Reverse Punch (4)
- Walking St. Mid. Block Reverse Punch (4)
- **Three Step Sparring (1 - 4)** (SAMBO MATSOGI) (*click for description*)

English - Korean

Hand & Foot Parts

Elbow	Palkup
Footsword	Balkal

Defending Techniques

Knifehand Middle Block	Sonkal Kaunde Makgi
Outer Forearm Inward Block	Bakat Palmok Anuro Kaunde Makgi
Side Rising Kick	Yop Cha Olligi

Attacking Techniques

Knifehand Strike	Sonkal Taerigi
Side Elbow Thrust	Yop Palkup Tulgi
Front Smashing Kick	Ap Cha Busigi

Stances

L - Stance	Niunja Sogi
Sitting Stance	Annun Sogi

Chon-Ji Tul (19 movements): Chon-Ji literally means 'Heaven and Earth'. In the Orient it is interpreted as the beginning of the world or the creation of human history, therefore it is the initial pattern performed by the beginner. It consists of two similar parts, one representing Heaven and the other representing the earth.

Meaning of Yellow Belt

Yellow signifies the earth from which the plant sprouts and takes root as the Taekwon-Do foundations are being laid.

General

Inside Block (An Makgi) refers to blocking on the inside of the attacking tool.

Outside Block (Bakat Makgi) refers to blocking on the outside of the attacking tool.

Inward Block (Anuro Makgi) means blocking from an outward to inward trajectory.

Outward Block (Bakuro Makgi) means blocking from an inward to outward trajectory

Kwon Do?

6) Describe an Inside block (An Makgi)

7) Describe and Inward block (Anuro Makgi)

8) What are the grades for the following instructor classifications?

a) National Instructor b) International Instructor

c) Master d) Grand Master