

9th Kup White Belt, Yellow Stripe

For more info consult Training Manual One: Fundamental Tae Kwon-Do © available from your Instructor

Grading Syllabus for 9th Kup

Exercises

Sitting stance double punches (10)
 Front rising kicks, left & right (10)
 Press-ups (15)
 Pattern CHON-JI (see p.3)
 Sajo-Jirugi number 1
 Sajo-Jirugi number 2
 Three-step sparring number 1&2 (see p.4)
 Basic self defence (see p.4)

Linework

Middle obverse punch (Walking Stance)
 Low outer forearm block (W-S)
 Middle inner forearm block (L-Stance)
 Outward knifehand strike (L-S)
 Inwards crescent kick (L-S f-arm guard)
 Outwards crescent kick (" ")
 Theory relevant to grade

Essential Korean Terms for 9th Kup

General Terms

Left	WEN
Right	ORUN
Inwards	ANURO
Outwards	BAKURO
Forwards	APRO KAGI
Backwards	DWIYO KAGI
In your own time	KIRO NOPJE
Stop	GOMAN
Strike	TAERIGI
Pattern	TUL

Body Parts

Footsword	BALKAL
Reverse-footsword	BALKAL-DUNG
Ball of the foot	AP KUMCHI
Knifehand	SONKAL
Forefist	AP JOOMUK

Stances

Walking stance	GUNNUN SOGI
L-Stance	NIUNJA SOGI
Sitting Stance	ANNUN SOGI
Parallel Ready-Stance	NARANI-CHUNBI SOGI

Body Sections

Low Section	NAJUNDE
Middle Section	KAUNDE
High Section	NOPUNDE

Blocking Techniques

Middle inner forearm block	KAUNDE AN PALMOK MAKGI
Low outer forearm-block	NAJUNDE BAKAT PALMOK-MAKGI
Forearm guarding block	PALMOK DAEBI MAKGI
Rising block	CHOOKYO MAKGI

Kicking Techniques

Front kick	AP CHAGI
Front snap kick	AP CHABUSIGI
Inwards crescent kick	ANURO BANDAL CHAGI
Outwards crescent kick	BAKURO BANDAL CHAGI
Turning kick	DOLLYO CHAGI

Attacking Techniques

Middle obverse punch	KAUNDE BARO JIRUGI
Middle reverse punch	KAUNDE BANDAE JIRUGI
Forefist punch	AP JOOMUK JIRUGI
Outward knifehand strike	BAKURO SONKAL TAERIGI

Sparring

Three-step sparring	SAMBO MATSOKI
Free sparring	JAYOO MATSOKI

Why do we learn the Korean terminology?

As Tae Kwon-Do is an international art, it needs a universal system of commands so a student can train in any country of the world, irrespective of national language.

Essential Grading Theory for 9th Kup

You must learn the following to be eligible to grade to 8th Kup

Belt Colours

Yellow: Yellow Belt signifies **earth**, from which a **plant sprouts** and takes root as a **Tae Kwon-Do foundation is being laid**

Pattern CHON-JI – 19 moves

CHON-JI literally means 'Heaven and 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 **Heaven**, the other the **Earth**.

9th Kup General Knowledge

The Philosophy of Chon-Ji:

The initial (*first*) pattern CHON-JI is named after Lake CHON-JI (*Heavenly Lake*), which lies at the summit of Mount BAEK-DU in Korea. The waters are clear and still and reflect the skies so perfectly that the ancient Koreans believed that Lake CHON-JI was the bridge between Heaven and Earth and the place where *DAN-GUN'S* father descended from Heaven to establish the human race on Earth. CHON-JI therefore symbolises the balance of the two great powers that met to create the universe and life itself: *Yang*, the masculine Heaven and *Yin*, the feminine Earth. Heaven and Earth show mutual respect as the low block points to Earth and the middle block to Heaven.

What is the Orient? Orient means east e.g. the Far East countries like Korea, China and Japan.

What are the two stances in Chon-Ji? L-stance (NIUNJA SOGI) and walking stance (GUNNUN SOGI).

What are the two blocks in Chon-Ji? Low outer forearm block (NAJUNDE BAKAT PALMOK MAKGI) and middle inner forearm block (KAUNDE AN PALMOK MAKGI)

What is a pattern? A pattern is a set sequence of defensive and offensive moves, designed to deal with one or more imaginary opponents.

What is 3-step sparring and what do we learn from practising it? 3-step is the initial introduction to sparring techniques allowing the beginner to develop proper **distancing**, correct facing, forearm conditioning, correct blocks and stances, counter attacks, **focus** and **timing** against an actual opponent.

Describe L Stance 70% of the weight on the back leg; zero width (heels in line); one and a half shoulder widths in length; front foot pointing forward; rear foot at a 90-degree angle; front leg bent; rear leg bent with knee over rear toes. With most of the weight on the back leg the front leg can easily be lifted as a defence against sweeps and for launching fast front leg kicks.

Why do we practice front rising kick? To prepare the legs for kicking, develop balance and co-ordination and as a stretching exercise.

Why do we do press-ups? To strengthen and condition the hands, wrists and arms, especially the forefist (AP JOOMUK), which is the punching weapon.

Why do we bow when we enter and leave the Dojang? We bow to the Korean and national flags as a mark of respect to those nations and Tae Kwon-Do in general. If the flags are not up, they should be visualised in the mind and still bowed towards.

Describe sitting stance - 50/50 weight distribution; feet parallel and pointing forward; one and a half to two shoulder-widths wide; knees bent out to the sides as far as possible.

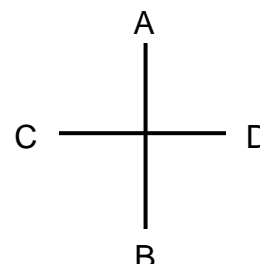
Why do we line-up in order of rank? It allows the Instructor to quickly see what grades are present and where they are but more importantly, it comes from the traditional military roots of Tae Kwon-Do and reflects how soldiers would line-up for inspection.

Pattern 1: Chon-Ji

19 moves

Parallel Ready Stance

Start at cross facing A



1. Move left foot to C
Left walking Stance, low outer forearm block
GUNNUN SOGI, NAJUNDE BAKAT PALMOK MAKGI
2. Move right foot to C
Right walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
3. Move right foot to D
Right walking Stance, low outer forearm block
GUNNUN SOGI, NAJUNDE BAKAT PALMOK MAKGI
4. Move left foot to D
Left walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
5. Move left foot to A
Left walking Stance, low outer forearm block
GUNNUN SOGI, NAJUNDE BAKAT PALMOK MAKGI
6. Move right foot to A
Right walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
7. Move right foot to B
Right walking Stance, low outer forearm block
GUNNUN SOGI, NAJUNDE BAKAT PALMOK MAKGI
8. Move left foot to B
Left walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
9. Move left foot to D
Right L-stance, middle inner forearm block
NIUNJA SOGI, KAUNDE AN PALMOK MAKGI
10. Move right foot to D
Right walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
11. Move right foot to C
Left L-stance, middle inner forearm block
NIUNJA SOGI, KAUNDE AN PALMOK MAKGI

New Techniques:

L-stance, middle inner forearm block
NIUNJA SOGI, KAUNDE AN PALMOK MAKGI

12. Move left foot to C
Left walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
13. Move left foot to B
Right L-stance, middle inner forearm block
NIUNJA SOGI, KAUNDE AN PALMOK MAKGI
14. Move right foot to B
Right walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
15. Move right foot to A
Left L-stance, middle inner forearm block
NIUNJA SOGI, KAUNDE AN PALMOK MAKGI
16. Move left foot to A
Left walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
17. Move right foot to A
Right walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
18. Move right foot back, while facing A
Left walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI
19. Move left foot back, while facing A
Right walking stance, middle obverse punch
GUNNUN SOGI, KAUNDE BARO JIRUGI

Bring left foot forwards to ready stance

Hints for Chon-Ji:

- (1) *Count the moves in your head.* The defensive stance changes to L-STANCE on move number 9.
- (2) *Remember the sequence.* Left 90°, forwards, right 180°, forwards.

Three-Step Sparring 1 & 2:

Attacker starts, right leg back, walking stance, left low outer forearm block
Defender starts in parallel ready stance

Defence 1: Right leg back, walking stance middle inner forearm block (three times to the inside), counter with a reverse punch (right arm) in walking stance.

Defence 2: Left leg back, L-stance middle inner forearm block (three times to the outside), counter by stepping the right foot to the outside of the opponent's right foot, sitting stance right outward knifehand strike (to the neck if taller than opponent, otherwise to floating ribs)

Basic Self-Defence (*required for grading*)

Single wrist grab, single lapel grab (same and opposite sides), double wrist grab & double lapel grab