



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION 9TH KUP – YELLOW TAG

PRACTICAL

Basics from previous Gradings
Pattern Chon-Ji
Sitting Stance 10 Double Punches
Walking Ready Stance & Front Snap Kick
Walking Stance Double punch.
Walking Stance Low Block & Rising Block
L Stance Middle Block
L Stance Knife Hand Strike

MEANING OF COLOUR YELLOW

Signifies the earth from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.

INTERPRETATION OF THE PATTERN

Chon-Ji literally means the “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 performed by the beginner. The pattern consists of two similar parts one to represent the “Heaven” and the other the “Earth”. 19 moves.

NEW TERMINOLOGY

| | |
|--------------|---------------|
| Pattern | Tul |
| L Stance | Niunja Sogi |
| Rising Block | Chookyo Makgi |
| Double Punch | Ibo Jirugi |

| | |
|------------------|--------------|
| Ball of the Foot | Ap Kumchi |
| Foot Sword | Balkal |
| Turning Kick | Dollyo Chagi |
| Side Kick | Yop Chagi |

(There are many types of side kick.
This is the most common general term)

| | |
|-----------|---------------------|
| Obverse | So Baro |
| Reverse | So Bandae |
| Step Turn | Ongyo Didimyo Dolgi |

NEW MOVEMENTS

Knife Hand Side Strike Sonkal Yop Taerigi (*typically made to the neck*)