

VELLA-TAEKWONDO 9th KUP

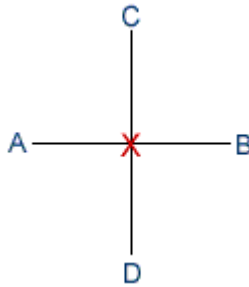
WHITE BELT / YELLOW TAG STUDY SHEET

Taekwon-Do officially recognised as the national sport of Korea 11th April 1955.

Pattern: TUL - is defined as a series of fundamental movements both offensive and defensive performed against several imaginary opponents. Starting and finishing on the same spot and has set diagram on the floor.

9th Kup Pattern: Chon-Ji - 19 movements.

Chon-Ji means literally "the Heaven the 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 the Heaven and the other the Earth.



Colour Yellow: Signifies Earth, from which a plant (Taekwon-do evergreen tree) sprouts and takes root as Taekwon-Do Foundation is laid.

Blocks: Makgi

Inner forearm block: An palmok makgi
Low outer forearm block: Najunde bakat palmok makgi

Stance: Sogi

'L' stance: Nuija
Walking: Gunnun

Punches

Middle punch: Kaunde Jirugi

Grading for 8TH KUP - Yellow Belt

1. In sitting stance, 10 double punches right/left and 10 double punches left right, counting.
2. 20 press ups, counting.
3. 4-Direction Punch.
4. Chon-Ji Tul.
5. Stepping forward in walking stance, front snap kick obverse/reverse punch.
6. Stepping backward in walking stance, middle block reverse punch.
7. Walking Stance front Rising Kick. 15 each leg.

Questions

This is just an indication of the type of questions asked at the 8th Kup Grading. Questions can also be asked in relation to the previous study sheets and information taught in class.

1. What is a pattern?
2. What pattern did you perform? How many movements in this pattern?
3. What does Chon-Ji mean?
4. What is the 1st movement of Chon-Ji? (Name stance and then hand technique.)
5. What is the 9th movement of Chon-Ji?
6. What is the meaning of the colour yellow?
7. What are the dimensions of 'L' stance? What is the weight distribution of 'L' stance?
8. How do you count from 1 to 10 in Korean?