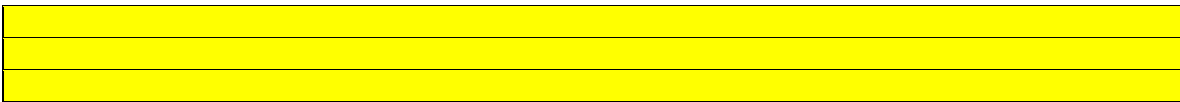


9th Kup - White Belt / Yellow Tag Study Sheet



Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.



Technical Terms

Parts of Body

Elbow - Palkup
Ball of Foot - Ap Kumchi
Instep - Baldung
Palm - Sonbadak
Neck - Mok

Stance – Sogi

'L' Stance - Niunja Sogi
Vertical = Soojik Sogi

Kicks – Chagi

Front Snap Kick - Ap Chabusigi
Side Piercing Kick - Yop Chajirugi
Turning Kick - Dollyo Chagi
Crescent Kick - Bandal Chagi
(anuro or bakuro)
(inward or outward)

Blocks – Makgi

Knife Hand Guarding Block - Sonkal Daebi Makgi
Forearm Guarding Block - Palmok Daebi Makgi
Twin Forearm Block - Sang Palmok Makgi
Outer Forearm Rising Block - Bakat Palmok Chookyo Makgi
Outer Forearm Low Block - Bakat Palmok Najunde Makgi
Inner Forearm Middle Block - An Palmok Kaunde Makgi
Inward Block - Anuro Makgi
Outward Block - Bakuro Makgi

Misc Techniques

Knife Hand Side Strike
Double Punch
Distance

Sonkal Yop Taerigi
Doo Jirugi
Ma-ai

Measurements of Stance

'L' Stance is 1 ½ shoulder widths long from rear foot to toes on front foot. Feet face in at approx. 15°. Weight distribution is 70% on rear leg and 30% on the front. There is a gap between the heels of approx. 2.5 cm. When the right leg is bent, it is called a right L Stance and so on.

Vertical Stance is 1 shoulder width between the toes. The weight distribution is 60° rear leg and 40° front. The toes are approx. 15° pointed inwards. The legs are kept straight. When the right leg is behind, it is called a right vertical stance and so on.

Pattern - Tul:-

Which is defined as a series of fundamental movements both offensive and defensive techniques against several imaginary opponents.

The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

There are a total of 24 patterns in Taekwon-Do. The reason for 24 is:-

"The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we, mortals, are no more than simple travellers who pass by the eternal years of an aeon in a day.

It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, this way, they gain immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave Taekwon-Do for mankind as a trace of a man in the late 20th century. The 24 patterns represent 24 hours, one day, or all of my life."

The late Grandmaster General Choi Hong Hi 9th Degree

9th Kup Pattern: **Chon-Ji** **(19 Movements)**

Chon-Ji means literally the "Heaven and Earth". In the Orient it is interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern practised by the beginner. This pattern consists of two similar parts, one representing the Heaven, the other Earth.

Three Step Sparring (Sambo Matsoki) Number 2

Attack – always 3 mid-section obverse punches in walking stance

1. Face partner, attention and bow.
2. Measure up to your partner, right foot back into walking stance, low block.
3. When signalled step forward in walking stance high section obverse punch 3 times.

Defence as below

2. Left leg back, left 'L' stance inner forearm block with right arm to outside of punch. Third move, block then move left leg then right leg into left 'L' stance towards partners right hand side, knife hand strike to partners neck or kidneys. (the target depends on the size of the opponent).

Self-defence Techniques (Hosin Sul) No 2. Release from wrist grab (Jappyosul Tae) across the body + previous No 1 and counter attack.

Performance of Patterns

1. Pattern should begin and end on exactly the same spot. This will indicate the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should either be tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in the pattern.
6. Each pattern should be perfected before moving on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defence techniques should be equally distributed among right and left hands and feet.