

McKnight Taekwon-Do 9th Kup

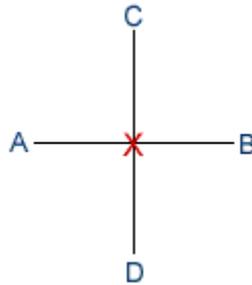
WHITE BELT / YELLOW TAG STUDY SHEET

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		Stance: Sogi	
Inner forearm block	An palmock makgi	'L' stance	Nuinja sogi
Low outer forearm block	Najunde bakat palmok makgi	Walking stance	Gunnun sogi

Punch: Jirugi	
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-Directional Punch.
4. 4-Directional Block.
5. Chon-Ji Tul.
6. Stepping forward in walking stance, front snap kick obverse / reverse punch, 4 times, counting.
7. Stepping backward in walking stance, middle block reverse punch, 4 times, counting.

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? What is the diagram on the floor.
3. What does Chon-Ji mean?
4. What is the 1st movement of Chon-Ji? (Name stance and the 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 11 to 20 in Korean?