

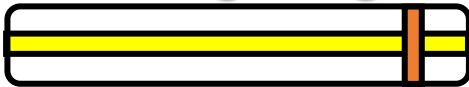


# 9<sup>th</sup> Kup White Belt Yellow Stripe Grading + Assessment Information

Kings Cubs Will need to go through the entire tag system

KTA will receive a black tag on completion of a pre grading

## Orange Tag



- Press Ups X15
- Saju Makgi
- Walking Stance Middle Inner Forearm Block Reverse Punch
- Walking Stance Front Kick Double Punch
- Front Kick on Shield

## Blue Tag



- Sit Ups X15
- Sitting Stance Single Punch
- Saju Makgi
- Chon Ji (1<sup>st</sup> Half)
- Pad Combo (Jab, Cross, Duck, Front Kick, Front Kick)

## Black Tag



- Press Ups X20
- Walking Stance Middle Inner Forearm Block Reverse Punch
- Chon Ji
- Walking Stance Front Kick Double Punch

## Pregrading

- Press Ups X20
- Walking Stance Front Kick Double Punch
- Sitting Stance Single Punch
- Saju Makgi
- Chon Ji
- Walking Stance Middle Inner Forearm Block Reverse Punch
- Theory

# Grading Practical

- Sitting Stance Single Punch
- Press Ups X20
- Saju Jirugi
- Saju Makgi
- Chon Ji
- Walking Stance Front Kick Double Punch
- Walking Stance Middle Inner Forearm Block Reverse Punch
- Theory

## Theory Examples

### 1. What is the meaning of Chon Ji?

Chon Ji means literally “the Heaven the 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 played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

### 2. How many movements in pattern Chon Ji?

19 Movements

### 3. What is the meaning of Yellow Belt?

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

### 4. Demonstrate and describe an L-Stance?

Niunja Sogi in Korean

1 and a ½ shoulder widths in length

No Width

Feet are in an L Shape position with the heels pushed out 15 Degrees

Weight distribution 70% on the back leg and 30% on the front leg

### 5. What is the translation of Tae Kwon-Do?

Tae – Foot

Kwon – Fist

Do - Art

# Terminology

## Common Commands

**One --- Ha - Na**

**Two --- Dul**

**Three --- Set**

**Four --- Net**

**Five --- Ta Set**

**Six --- Yah Set**

**Seven --- Il Gop**

**Eight --- Yah Dul**

**Nine --- A Hop**

**Ten --- Yeol**

## General Terminology

**Low --- Najundae**

**Middle --- Kaundae**

## Stances

### **Sitting Stance --- Annun Sogi**

1 and ½ Shoulder widths wide. No width. Weight Distribution 50/50. Both Feet face forward.

### **L-Stance --- Niunja Sogi**

1 and ½ Shoulder widths in length. No width. Both feet positioned at a 15 Degree angle. Weight distribution 70/30

## Attacking Techniques

**Reverse Punch --- Bandae Jirugi**

**Double Punch --- Ibo Jirugi**

**Front Snap Kick --- Apcha Busigi**

## Defending Techniques

**Low Outer Forearm Block --- Najundae Bakat Palmok Makgi**

**Middle Inner Forearm Block --- Kaundae An Palmok Magki**