

9th Kup Grading Requirements

Syllabus – For promotion to 8th Kup (Yellow Belt)

1. Pattern – Choon-Ji
2. Up & Down Movements
Forwards – Inner Forearm, Middle Section Block
Backwards – Inner Forearm, Middle Section Block, Reverse Punch
3. Sitting Stance Middle Section, Double Punches x 10
4. Press Ups x 20 (chin to floor)
5. Terminology

NOTE: Revise all previous (physical & terminology)

Terminology

1	Choon-Ji – 19 Movements (Ready Posture = <i>NARANI JUNBI SOGI</i>) Choon-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. The pattern consists of two similar parts, one to represent the heaven and the other the earth.	
2	PATTERN – Tul A pattern (<i>TUL</i>) is a series of blocks and counter attacks, set in a logical sequence, against one or more imaginary opponents. There are 24 patterns in Taekwon-Do	
3	STANCES – Sogi <div style="display: flex; justify-content: space-between;"> <div> '<i>L</i>' STANCE – <i>NIUNJA SOGI</i> </div> <div> Width = Feet shoulder width apart Length = Feet 1 & a half times shoulder width Weight distribution = 70% back leg; 30% front leg Rear leg indicates as to whether it is a right or left '<i>L</i>' stance </div> </div>	
4	GENERAL TERMINOLOGY <div style="display: flex; justify-content: space-between;"> <div> LOW SECTION, OUTER FOREARM BLOCK MIDDLE SECTION, INNER FOREARM BLOCK MIDDLE SECTION, FOREFIST PUNCH SITTING STANCE, DOUBLE FOREFIST PUNCH LEFT RIGHT OBVERSE REVERSE </div> <div> <i>WEN</i> <i>OREN</i> <i>BARO</i> <i>BANDAE</i> </div> <div> <i>NAJUNDE, BAKAT PALMOK MAKGI</i> <i>KAUNDE, AN PALMOK MAKGI</i> <i>KAUNDE, AP JOOMUK JIRUGI</i> <i>ANNUN SO, DOO AP JOOMUK JIRUGI</i> </div> </div>	

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

	EXTRA INFO...				
	To describe a movement, do so in the following order:				
		Left/Right Stance	Section	Part of Use	Block/Punch
	e.g.	1 st movement in Chon Ji:	WEN GUNNUN SO	NAJUNDE BAKAT PALMOK	MAKGI
		9 th movement in Chon Ji:	ORUN NIUNJA SO	KAUNDE AN PALMOK	MAKGI
5	MEANING OF THE COLOUR YELLOW				
	Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.				
6	COUNTING				
	1 – HANA	6 – YUSUT	11 – YAUL HANA	16 – YAUL YUSUT	
	2 – DOOL	7 – ILGOP	12 – YAUL DOOL	17 – YAUL ILGOP	
	3 – SET	8 – YAUDUL	13 – YAUL SET	18 – YAUL YAUDUL	
	4 – NET	9 – AHOP	14 – YAUL NET	19 – YAUL AHOP	
	5 – TASUT	10 – YAUL	15 – YAUL TASUT	20 – SAMAIL	