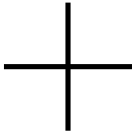


## 9<sup>th</sup> kup Theory Summary

Yellow - signifies the earth, from which the plant sprouts and takes root as the Taekwon-Do foundation is laid.	Taekwon-Do was introduced to the UK in 1967 by Grand Master Rhee Ki Ha.
ITF was founded on 22 <sup>nd</sup> March 1966	<b>Patterns (Tul)</b> A pattern is a series of attacking and defending movements designed to combat one or more imaginary opponents.
<b>Chonji – 천지 – 19 movements</b>	<b>Meanings of Patterns</b>
<p>Literal meaning: 'The heaven, the earth'</p> <p>In the Orient, it is interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern performed by the beginner.</p> <p>This pattern consists of <b>two</b> parts, one to represent the Heaven and the other, the Earth.</p>	<p>There are <b>24</b> patterns, which symbolise <b>24 hours of one day</b>, or <b>all of General Choi's life</b> which he dedicated to the art.</p> <p>Each pattern has a meaning (either its <b>name, number of movements, diagrammatic symbol</b> or a combination) which refer to heroic figures or historical events in Korean history – often exemplifying the use of one or more of the tenets.</p>
<b>Chonji Diagrammatic Symbol</b>	<b>Movements</b>
	<ul style="list-style-type: none"> <li>• Forwards – Appro kaggi</li> <li>• Backwards – Dwiryo kaggi</li> <li>• About turn – Dwiro dora</li> <li>• Step turning – Omgyo didimyo dolgi</li> </ul>
<b>Technique Terminology</b>	
<b>Tools</b> <ul style="list-style-type: none"> <li>• Front sole – Ap kumchi</li> <li>• Footsword – Balkal</li> </ul>	<b>Techniques</b> <ul style="list-style-type: none"> <li>• Knife-hand side strike – Sonkal yop taerigi</li> <li>• Forearm guarding block – Palmok daebi makgi</li> <li>• Knife-hand guarding block – Sonkal daebi makgi</li> <li>• Twin forearm block – Sang palmok makgi</li> <li>• Reverse punch – Bandae jirugi</li> <li>• Obverse punch – Baro jirugi</li> <li>• Rising block – Chookyo makgi</li> <li>• Double punch – Doo jirugi</li> <li>• Side piercing kick – Yop cha jirugi</li> <li>• Inside block – An makgi</li> <li>• Inward block – Anuro makgi</li> <li>• Outer block – Bakat makgi</li> <li>• Outward block – Bakuro makgi</li> </ul>
<b>Directions</b> <ul style="list-style-type: none"> <li>• Front – Ap</li> <li>• Side – Yop</li> <li>• Back – Dwit</li> </ul>	
<b>Stances</b> L-stance – Niunja sogi	
<b>General</b> <ul style="list-style-type: none"> <li>• Pattern – Tul</li> <li>• Left – Wen</li> <li>• Right – Orun</li> <li>• Three-Step Sparring – Sambo Matsogi</li> </ul>	