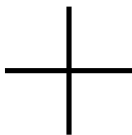


9th kup Theory Summary

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| 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 22nd March 1966 | Patterns (Tul) A pattern is a series of attacking and defending movements designed to combat one or more imaginary opponents. |
| Chonji – 천지 – 19 movements | Meanings of Patterns |
| <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 two parts, one to represent the Heaven and the other, the Earth.</p> | <p>There are 24 patterns, which symbolise 24 hours of one day, or all of General Choi’s life which he dedicated to the art.</p> <p>Each pattern has a meaning (either its name, number of movements, diagrammatic symbol 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> |
| Chonji Diagrammatic Symbol | Movements |
|  | <ul style="list-style-type: none"> • Forwards – Appro kaggi • Backwards – Dwiryo kaggi • About turn – Dwiro dora • Step turning – Omgyo didimyo dolgi |
| Technique Terminology | |
| Tools <ul style="list-style-type: none"> • Front sole – Ap kumchi • Footsword – Balkal | Techniques <ul style="list-style-type: none"> • Side piercing kick – Yop cha jirugi • Obverse punch – Baro jirugi • Reverse punch – Bandae jirugi • Double punch – Doo jirugi • Knife-hand side strike – Sonkal yop taerigi • Forearm guarding block – Palmok daebi makgi • Knife-hand guarding block – Sonkal daebi makgi • Twin forearm block – Sang palmok makgi • Rising block – Chookyo makgi • Inside block – An makgi • Inward block – Anuro makgi • Outer block – Bakat makgi • Outward block – Bakuro makgi |
| Directions <ul style="list-style-type: none"> • Front – Ap • Side – Yop • Back – Dwit | |
| Stances L-stance – Niunja sogi | |
| General <ul style="list-style-type: none"> • Pattern – Tul • Left – Wen • Right – Orun • Three-Step Sparring – Sambo Matsogi | |

