**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** |
| Literal meaning: **‘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 performed by the beginner.  This pattern consists of **two** parts, one to represent the Heaven and the other, the Earth. | There are **24** patterns, which symbolise **24 hours of one day**, or **all of General Choi’s life** which he **dedicated to the art**.  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. |
| **Chonji Diagrammatic Symbol** | **Movements** |
| ┼ | * Forwards – Appro kaggi * Backwards – Dwiryo kaggi * About turn – Dwiro dora * Step turning – Omgyo didimyo dolgi |
| **Technique Terminology** | |
| **Tools**   * Front sole – Ap kumchi * Footsword – Balkal | **Techniques**   * 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 * Low outer forearm block – Najunde bakat palmok makgi * Middle forefist punch – Kaunde ap joomuk jirugi * Middle inner forearm block – Kaunde an palmok makgi |
| **Directions**   * Front – Ap * Side – Yop * Back – Dwit |
| **Stances**  L-stance – Niunja sogi |
| **General**   * Pattern – Tul * Left – Wen * Right – Orun * Three-Step Sparring – Sambo Matsogi |