

9th kup Tae Kwon-Do Theory


What is a Pattern?

A pattern is a set of fundamental movements both offensive and defensive against an imaginary opponent. The name of the pattern, the number of movements and the diagrammatic symbol of each pattern symbolise either heroic figures in Korean history, or instances relating to historical events.

What does Chonji mean?

Chonji literally means the 'Heaven and 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. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth.

Number of movements in Chonji = 19

Diagram of Chonji = 

What does your present belt signify?

White Belt signifies innocence as that of a beginning student who has no previous knowledge of Tae Kwon-Do

Obverse and Reverse Techniques

To fully explain the difference between obverse and reverse techniques you will first need to understand the different weight distributions of each stance.

For example Walking stance has 50% weight distribution on each leg making the leading leg the one in front.

L-Stance has 70% of your weight on the back leg making the leading leg the one with the most weight.

Obverse technique: Same side as the leading leg

Reverse technique: Opposite side to the leading leg

Additional Information

L-Stance	Niunja Sogi
Obverse	Baro
Reverse	Bandae
Front Snap Kick	Ap Cha Busigi
Ball of the Foot	Apkumchi
Front	Ap

Side	Yop
Kick	Chagi