

9th Kup Grading Syllabus

Yellow Tip

Training time	Minimum 6 weeks	
Grading requirements	<ul style="list-style-type: none"> ▪ 20 push ups ▪ Double forefist middle punches in fast motion in sitting stance ▪ Step forward front snap kick walking stance with obverse and reverse forefist middle Punches ▪ Chon-ji ▪ Understand and correctly perform all 10th kup techniques ▪ Name and demonstrate L stance - Ninja Sogi ▪ Understand the basic commands 	
Defensive Techniques	Inside block Outside block Inward block Outward block	<i>An makgi</i> <i>Bakat makgi</i> <i>Anuro makgi</i> <i>Bakuro makgi</i>
Offensive Techniques	Front snap kick	<i>Apcha busigi</i>
	Obverse punch	<i>So Baro ap jamook jirugi</i>
	Side punch	<i>So Banae Ap Jamook Jirugi</i>
Theory	Q: What is a pattern? A: A pattern is a series of offensive and defensive movements against an imaginary opponent Q: Name the pattern and the number of moves it has? A: Chon Ji has 19 movements Q: What is the meaning of Chon Ji? A: CHON- 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. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.	

Q: Name the blocking techniques in the pattern and the stances they are performed in?
 A: Lower outer forearm block (stances come first in Korean terminology) – Gunun Sogi, Najunde bakat palmok makgi, Niunja sogi, middle inner forearm block – Kaunde an palmok makgi

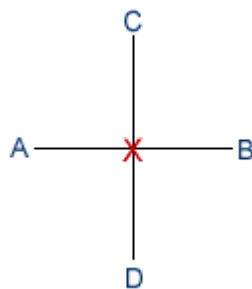
Q: What does the belt colour Yellow signify?
 A: The Earth which represents where the the seed is planted enabling TaeKwon-do skills to be planted and skills begin to grow

Q: Describe an inside block (an makgi)?

Q: Describe an inward block (anuro makgi)?

Q: What are the grades for the following instructor classifications?
 A: National instructor
 B: International instructor
 C: Master
 D: Grand master

Pattern(s)	Chon-ji
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1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm
8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.

10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.

20. END: Bring the left foot back to a ready position.