


## REQUIREMENTS FOR 8<sup>TH</sup> KUP GRADING



### Yellow Belt







### Tip work for juniors is as follows:

Note: Adults can use this as a guide towards preparation for their grading.

 Sitting stance 20 punches. Count to 10 in Korean

  Walking stance front snap kick followed by a obverse punch and then a reverse

   First half of Chon Ji.


    Three step sparring, what is the meaning of Chon Ji

     Chon Ji and pad routine No 1 and 2

The grading will be as follows:

1. Presentation and etiquette
2. 20 Star Jumps, 20 Press ups and 10 Leg rising exercises on each leg.
3. L Stance middle inner forearm block
4. Walking stance low section knifehand block
5. Walking stance front kick followed by a obverse punch and then a reverse punch
6. Saju Jirugi and Saju Makgi
7. Chon Ji
8. Pad routine No 1 and No 2
  - Guarding stance – Jab, Cross, Jab – Left Right Left
  - Guarding stance – Cross, Hook, Cross – Right Left Right
9. Theory Questions

The following questions will need to be learned before progressing.

- ❖ What is the pattern you have performed?
  - Chon Ji and it has 19 movements
- ❖ What is the meaning of Chon Ji?
  - Chon Ji literally means "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 Heaven and the other Earth.
- ❖  What does the colour yellow mean?
  - Yellow signifies Earth from which a plant sprouts and takes root as Taekwon-Do foundations are being laid.
- ❖ Where and what are the 3 sections of the body?
  - High - *Napande* (head to shoulders), Middle - *Kaundae* (shoulders to waist), Low - *Najunde* (waist to feet)

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- ❖ What does the yellow belt signify?
  - Yellow signifies Earth from which a plant sprouts and takes root as Taekwon-Do foundations are laid.
- ❖ Name 2 parts of your hand?
  - *Ap Joomuk* (first two knuckles) *Sonkal* (Knifehand).
- ❖ Identify the following parts of the arm.
  - Inner Forearm - *Ap Palmok*
  - Outer Forearm - *Bakat Palmok*
- ❖ Name the following in Korean
  - L- Stance - *Charriot Sogi*.
  - Knifehand - *Sonkal*
  - Kick - *Chagi*
  - Block - *Makgi*