



TESTING FROM 9th GUP TO 8th GUP

9G

(Testing to Yellow Belt)

Student name: _____

Pattern & Exercise

Chon-Ji

Saju Makgi (4 Direction Block)

Classes required to test = 16

Kicking

Double Front Snap Kick - Rear leg stepping forwards

Double Front Snap Kick - Lead leg stepping backwards

Double Side Piercing Kick - Rear leg stepping motion

Basic Technique & Fitness Requirement

Sitting Stance Double Punch

Push-ups - 15

Sparring

Three Step Sparring with a partner - Set 1

Free Sparring - Movement

Free Sparring - Hands up

Ho Shin Sool

Double hand grab

Double hand choke

Double lapel grab

Theory

Meaning of Yellow Belt:

Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Chon-Ji pattern Interpretation:

Chon-Ji means literally "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 played by the beginner. This pattern consists of two similar parts; one represents Heaven and the other represents Earth. Chon-ji has 19 movements and its diagram is the shape of a "plus" sign. The 19 movements refer to the 19 belts in Taekwon-Do.

The name of the Father of Taekwon-Do and his Rank:

The father of Taekwon-Do is General Choi Hong Hi, 9th Degree Black Belt, and Grand Master.

The literal translation of Taekwon-Do:

Tae – Jumping, flying; to kick or smash with the foot

Kwon – Fist; to punch, or to destroy with hand or fist

Do – art or way

Show:

The Characteristics of a Walking Stance (Gunnun Sogi): The walking stance is 1 shoulder width wide, measured between the center of the instep of the feet. It is 1.5 shoulder widths long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed evenly between the feet. The back leg is straight and is locked with the back foot pointed outward up to 25 degrees. The front leg is bent with the kneecap directly over the back of the heel and the front foot pointed straight forward. The foot muscles of both feet are tensed as if to pull the feet together. This stance is named for the front foot, and is performed full or half facing.