



## YELLOW TAG - 9 th KUP GRADE ( FOR YELLOW BELT )

### PRACTICAL TEST

#### PATTERNS

- **Chon-Ji Tul** ( 19 Movements, Diagram is a + sign )
- **Saju Jurugi**
- **Saju Makgi**

Chon-Ji means literally "the heaven and 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 representing the Heaven, and the other the earth.

#### BASIC HAND TECHNIQUES

- Sitting Stance , double punches** - Annun so doo jirugi
- 20 push ups, counting 1 to 20 in Korean** - Sumul Momtong bashia
- L stance inner forearm middle block** - L tance anpalmok kaunde makgi
- L stance forearm guarding block** - L stance palmok daebi malgi
- Walking stance middle obverse punch** - Gunnun so kaunde baro jirugi
- Walking stance outer forearm block** - Gunnun so bakat palmok makgi

#### BASIC KICKING TECHNIQUES

- **Side piercing kick** - Yop cha jirugi
- **Turning kick** - Dollyo chagi

#### COMBINATION TECHNIQUES

- **Walking stance inner forearm block-reverse punch**
- **Walking stance front snap kick-double punches**

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- L stance front snap kick-turning kick
- L stance front snap kick-side piercing kick

### THREE STEP SPARRING : (1-3 set moves)

#### THEORY TEST

<b>The two stances in Chon-Ji</b>	Gunnun sogi & Niunja Sogi
<b>The two blocking techniques</b>	Najunde bakat palmok makgi, Kaunde anpalmok makgi
<b>The meaning of Chon-Ji</b>	Heaven and earth, it has 19 movements
<b>The purpose of 3 step sparring</b>	Teaches student proper distance, correct facing, counter attack, forearm conditioning. Practice blocking techniques.

<b>L stance</b>	Niunja Sogi
<b>At ease</b>	Swiyo
<b>Begin</b>	Si-jak
<b>Stop</b>	Guman
<b>Training Suit</b>	Dobok
<b>Training hall</b>	Dojang
<b>Pattern</b>	Tul
<b>High</b>	Nopunde
<b>Middle</b>	Kaunde
<b>Low</b>	Najunde
<b>Head</b>	Mori
<b>Left</b>	Wen
<b>Footsword</b>	Balkal
<b>Ball of the foot</b>	Ap kumchi
<b>Reverse Punch</b>	Bandae jirugi

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