

# PHIL THOMAS SCHOOLS OF TAEKWONDO

## GRADING INFORMATION – 9<sup>th</sup> KUP / YELLOW TAG

### **Practical Grading Required**

Pattern – **Chon Ji**

Sitting Stance Double Punch

Knife Hand Strike (F)

Walking Stance Low Block Rising Block (B)

Walking Stance Double Punch (F)

L – Stance Middle Block (B)

Front Kick Walking Ready Stance (F)

### **Theory Study Required**

#### **Meaning of Yellow Belt**

Yellow signifies the Earth, from which a plant sprouts and takes root, as Tae kwon-Do foundation is being laid.

#### **Interpretation of Chon-Ji**

Chon Ji, 19 movement pattern – mean literally ‘The Heaven and Earth’. In the orient it is interpreted as the creation of the world or the beginning of human history, it is therefore the initial pattern preformed by the beginner. The pattern consists of two similar parts, one to represent the Heaven, the other Earth.

### **Korean Terminology Study Required**

<b>L Stance</b>	Niunja Sogi
<b>Double Punch</b>	Dibo Jirugi
<b>Obverse Punch</b>	Baro Jirugi
<b>Reverse Punch</b>	Bandae Jirgui
<b>Front Kick</b>	Ap Chagi
<b>Outward</b>	Bakaero
<b>Middle section (outward) Knife-hand strike</b>	Kaunde (bakaero) sonkal taerigi
<b>Rising Block</b>	Chookyo makgi
<b>One</b>	Hanna
<b>Two</b>	Dooi
<b>Three</b>	Seth
<b>Four</b>	Neth
<b>Left</b>	Wen
<b>Right</b>	Orun