

9th Kup - Grading to Yellow Belt

Line Work:

- Sitting Stance: Double punch [with knee spring]
- Moving forwards/backwards: Walking stance Rising block
- Moving forwards/backwards: L-stance inner forearm middle block

Physical Conditioning (Flexibility):

- 10 Front Rising Kicks (working towards head height)

Pad Work 2: (see full technique explanations - Page 26)

- Front leg Turning kicks
- *Combination: Jab Cross > Rear Leg Axe kick*

Pattern:

- *Chon-ji*

Sparring:

- *141* (encouraged to use jab/cross + axe kick combination)

Pre-arranged Sparring: 3-step No 2(see full technique explanation - Page 33)

- **Attack:** *Middle punch to shoulder height*
- **Defence:** *Inner forearm middle block to the outside (walking stance)*

Self Defence No 2: (see full technique explanation - Page 30)

- **Attack:** Straight punch/push/grab (at chest height with right hand)
- **Defence:** In a right-hand Fighting stance (high guard), execute lead hand parry whilst stepping forward executing inner forearm middle block to outside of arm (target area - above elbow joint on tricep)

Theory: You will be asked a range of questions from those listed below.
Young children may learn just key words.

History/Culture:

- Pattern Interpretation of Chon Ji: *Literally means the Heaven and the 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 played by the beginner. This pattern consists of two similar parts: one to represent Heaven and the other Earth.* (For very young children, citing just Heaven and Earth is sufficient).
- How many movements in Chon Ji: *19*
- Name the 5 Tenets of TKD? *Courtesy, Integrity, Self-Control, Perseverance, Indomitable spirit*
- What does yellow belt signify? *Yellow signifies the earth from which a plant sprouts and takes route as the foundation of Taekwondo is being laid.*

Korean Terminology

- Inner forearm [middle] block: *An Palmok [Kaunde] maki*
- Parallel Ready Stance: *Narani Chumbi Sogi*
- L-Stance: *Niunja Sogi*
- Axe (Downward) Kick: *Naeryo Chagi*

Technical Knowledge:

What is a High Guard [*Talk-to-the-hands Stance*] used for?

- *Show passive body language to help de-escalate any aggressive situation;*
- *Forms a barrier between you and aggressor, from which you can react instantly if attacked;*

Puts many of our own bodily targets (e.g., groin, solar plexus, throat) off-centre and out of the line of attack.