

## 9<sup>th</sup> Kup Grading Requirements

<b>Syllabus – For promotion to 8<sup>th</sup> Kup (Yellow Belt)</b>	
1.	Pattern – Choon-Ji
2.	Up & Down Movements Forwards – Inner Forearm, Middle Section Block Backwards – Inner Forearm, Middle Section Block, Reverse Punch
3.	Sitting Stance Middle Section, Double Punches x 10
4.	Press Ups x 20 (chin to floor)
5.	Terminology
NOTE: Revise all previous (physical & terminology)	

<b>Terminology</b>																	
1	<p><b>Choon-Ji</b> – 19 Movements (Ready Posture = <i>NARANI JUNBI SOGI</i>)</p> <p>Choon-Ji means literally '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. The pattern consists of two similar parts, one to represent the heaven and the other the earth.</p>																
2	<p><b>PATTERN</b> – Tul</p> <p>A pattern (<i>TUL</i>) is a series of blocks and counter attacks, set in a logical sequence, against one or more imaginary opponents.</p> <p>There are 24 patterns in Taekwon-Do</p>																
3	<p><b>STANCES</b> – Sogi</p> <p>'L' STANCE – <i>NIUNJA SOGI</i></p> <p>Width = Feet shoulder width apart Length = Feet 1 &amp; a half times shoulder width Weight distribution = 70% back leg; 30% front leg Rear leg indicates as to whether it is a right or left 'L' stance</p>																
4	<p><b>GENERAL TERMINOLOGY</b></p> <table border="0"> <tr> <td>LOW SECTION, OUTER FOREARM BLOCK</td> <td><i>NAJUNDE, BAKAT PALMOK MAKGI</i></td> </tr> <tr> <td>MIDDLE SECTION, INNER FOREARM BLOCK</td> <td><i>KAUNDE, AN PALMOK MAKGI</i></td> </tr> <tr> <td>MIDDLE SECTION, FOREFIST PUNCH</td> <td><i>KAUNDE, AP JOOMUK JIRUGI</i></td> </tr> <tr> <td>SITTING STANCE, DOUBLE FOREFIST PUNCH</td> <td><i>ANNUN SO, DOO AP JOOMUK JIRUGI</i></td> </tr> </table> <table border="0"> <tr> <td>LEFT</td> <td><i>WEN</i></td> </tr> <tr> <td>RIGHT</td> <td><i>OREN</i></td> </tr> <tr> <td>OBVERSE</td> <td><i>BARO</i></td> </tr> <tr> <td>REVERSE</td> <td><i>BANDAE</i></td> </tr> </table>	LOW SECTION, OUTER FOREARM BLOCK	<i>NAJUNDE, BAKAT PALMOK MAKGI</i>	MIDDLE SECTION, INNER FOREARM BLOCK	<i>KAUNDE, AN PALMOK MAKGI</i>	MIDDLE SECTION, FOREFIST PUNCH	<i>KAUNDE, AP JOOMUK JIRUGI</i>	SITTING STANCE, DOUBLE FOREFIST PUNCH	<i>ANNUN SO, DOO AP JOOMUK JIRUGI</i>	LEFT	<i>WEN</i>	RIGHT	<i>OREN</i>	OBVERSE	<i>BARO</i>	REVERSE	<i>BANDAE</i>
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COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

	<p>EXTRA INFO...</p> <p>To describe a movement, do so in the following order:</p> <table border="0" style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 0 10px;">Left/Right Stance</td> <td style="padding: 0 10px;">Section</td> <td style="padding: 0 10px;">Part of Use</td> <td style="padding: 0 10px;">Block/Punch</td> </tr> </table> <p>e.g.    1<sup>st</sup> movement in Chon Ji:    <i>WEN GUNNUN SO NAJUNDE BAKAT PALMOK</i>    <i>MAKGI</i>                9<sup>th</sup> movement in Chon Ji:    <i>ORUN NIUNJA SO KAUNDE AN PALMOK</i>        <i>MAKGI</i></p>	Left/Right Stance	Section	Part of Use	Block/Punch																
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<p>5</p>	<p><b>MEANING OF THE COLOUR YELLOW</b></p> <p>Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.</p>																				
<p>6</p>	<p><b>COUNTING</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 25%;">1 – <i>HANA</i></td> <td style="width: 25%;">6 – <i>YUSUT</i></td> <td style="width: 25%;">11 – <i>YAUL HANA</i></td> <td style="width: 25%;">16 – <i>YAUL YUSUT</i></td> </tr> <tr> <td>2 – <i>DOOL</i></td> <td>7 – <i>ILGOP</i></td> <td>12 – <i>YAUL DOOL</i></td> <td>17 – <i>YAUL ILGOP</i></td> </tr> <tr> <td>3 – <i>SET</i></td> <td>8 – <i>YAUDUL</i></td> <td>13 – <i>YAUL SET</i></td> <td>18 – <i>YAUL YAUDUL</i></td> </tr> <tr> <td>4 – <i>NET</i></td> <td>9 – <i>AHOP</i></td> <td>14 – <i>YAUL NET</i></td> <td>19 – <i>YAUL AHOP</i></td> </tr> <tr> <td>5 – <i>TASUT</i></td> <td>10 – <i>YAUL</i></td> <td>15 – <i>YAUL TASUT</i></td> <td>20 – <i>SAMAUL</i></td> </tr> </table>	1 – <i>HANA</i>	6 – <i>YUSUT</i>	11 – <i>YAUL HANA</i>	16 – <i>YAUL YUSUT</i>	2 – <i>DOOL</i>	7 – <i>ILGOP</i>	12 – <i>YAUL DOOL</i>	17 – <i>YAUL ILGOP</i>	3 – <i>SET</i>	8 – <i>YAUDUL</i>	13 – <i>YAUL SET</i>	18 – <i>YAUL YAUDUL</i>	4 – <i>NET</i>	9 – <i>AHOP</i>	14 – <i>YAUL NET</i>	19 – <i>YAUL AHOP</i>	5 – <i>TASUT</i>	10 – <i>YAUL</i>	15 – <i>YAUL TASUT</i>	20 – <i>SAMAUL</i>
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