



BURNTWOOD & CANNOCK TAE KWON DO TIGERS

9th KUP YELLOW STRIPE BELT GRADING SHEET

PRACTICAL

Line up in front of the Master in attention stance

Come to attention and bow

Say your name then 9th Kup Sir holding up your right hand

Sitting stance 5 double punches

Front kick exercise 5 times each leg in walking stance

Pattern CHON JI

LINE WORK

Forwards in walking stance double punch

Back in L stance middle block

Forwards in walking stance rising block

Back in L stance knife hand strike

THEORY

Question:

What is the meaning of Chon Ji

How many moves in Chon Ji

How much weight on back leg and front leg in L Stance

What is rising block

What is forearm

What is punch in Korean

What is the name of the training suit

Answer:

*Chon Ji means the heaven and earth
19*

70% back leg 30% front leg

Chookyo makgi, (chuck-e-o)

Palmok, (pal-mock)

Jirugi, (jer-oo-gee)

Dobok, (doe-bok)

REMEMBER!

No talking in line or at the back of the Dojang.

No running around before the grading, just practice.

Call your instructor Master and any black belts Sir if male or Mamm if Female.

When you leave, leave quietly.