BURNTWOOD AND CANNOCK TAEKWONDO

9th Kup Yellow Stripe Belt Grading Sheet

PRACTICAL

Sitting stance, 5 double punches
5 front kicks in walking stance, both legs
Pattern CHON JI

LINE WORK

Forward – Double punch walking stance
Backward – Middle block L stance
Forward – Low block rising block walking stance
Backward – Knifehand strike L stance

THEORY

Meaning of Yellow Belt

The meaning of yellow signifies earth, from which a plant sprouts and takes root as Tae Kwon Do foundation is being laid.

Interpretation of Pattern, CHON JI (19 Movements)

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 performed by the beginner. The pattern consists of two similar parts, one to represent the heaven, the other the earth.

Stances

Parallel ready stance	Narani junbi sogi
Walking stance	Gunnun sogi
L stance	Niunja sogi

Blocks

Low section outer forearm block	Najunde bakat palmok makgi
Middle inner forearm block	Kaunde an palmok makgi
Rising block	Chookyo makgi

Attacks

Forefist punch	Ap joomak jirugi
Double punch	Ibo jirugi
Front kick	Ap chagi
Knifehand strike	Sonkal taerigi

IMPORTANT – REVISE PREVIOUS SHEET