BURNTWOOD AND CANNOCK TAEKWONDO 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 and 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
Backwards in L stance middle block
Forwards in walking stance rising block
Backwards in L stance knife hand strike

THEORY

Question:	**Answer:**
What is the meaning of Chon Ji?	Chon Ji means the heaven and earth
How many moves in Chon Ji?	19
How much weight is on the back leg and front leg in L stance?	70% back leg, 30% front leg
What is rising block?	Chookyo makgi (chuck-e-o)
What is forearm?	Palmok (pal-mock)
What is punch in Korean?	Jirugi (jer-oo-gee)
What is the name of the training suit?	Dobok (doe-bok)

REMEMBER!

No talking in line or at the back of the Dojang.
No running around before the grading, just practise.
Call your instructor Sir or Master.
Call any black belts Sir if they're male or Mamm if they're female.
When you leave, leave quietly.