

LINE WORK FOR 9TH KUPS

SITTING STANCE DOUBLE PUNCH (COUNTING 10)

FRONT KICK WALKING READY STANCE (COUNTING 10)

10 PRESS-UPS (COUNTING 10)

FWD - WALKING STANCE DOUBLE PUNCH

BWD - L-STANCE MIDDLE BLOCK

FWD - L-STANCE KNIFE HAND STRIKE

BWD - WALKING STANCE LOW BLOCK RISING BLOCK COMBINATION

PATTERN - CHON-JI

THEORY

TYPICAL THEORY FOR 9TH KUPS

Theory for your 9th Kup grading typically consists of 3 questions relating to the training that you have done so far

THE MOST COMMON QUESTIONS ARE:-

What is the meaning of your pattern? **Literally means "Heaven & Earth". In the Orient it is interpreted as the creation of the world of the beginning of human history. Therefore, it is the initial pattern performed by the beginner. This pattern consists of two similar parts; one represents the Heaven and the other the Earth.**

The word Chon in Korean means Heaven & the word Ji means Earth, combined this can be interpreted as meaning creation (the creation of the universe & beginning of life). This theory can be largely attributed to the Chinese classic, the I Ching – the "book of changes". This text explained the processes of growth & change in the natural world. The fundamental philosophy of this ancient text is the need to retain balance & harmony within all aspects of life. This is known as the Um-Yang relationship (or Yin-Yang in Chinese).

The symbol of two interlocking "commas" is the Neo-Confucian symbol called the t'aeguk & this symbol can be found on the Korean national flag, the T'aeguk-ki. The flag also has further symbolism attached to it in the trigrams (the different 3 bar symbols) surrounding the Um-Yang roundel. These also originate from the I Ching.

How many movements does it have? 19

What is the weight distribution in an L-Stance? 70% on the back foot 30% on the front.

What is the Korean for Korean for Knife hand strike and what part of the hand do you use?

Sonkal taerigi. The side of the hand (where your little finger is)

What part of the arm do you block with on a rising block? **Outer forearm block**

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.

JUNIOR THEORY QUESTIONS

For the juniors, depending on age and ability, we tend to make the theory questions much easier.

THE MOST COMMON JUNIOR QUESTIONS ARE:-

How many movements are in Chon-Ji? **19**

What does Chon-Ji literally mean? **Literally means "Heaven & Earth". In the Orient it is interpreted as the creation of the world of the beginning of human history. Therefore, it is the initial pattern performed by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.**

Show me what part of the hand you use for knife hand strike. **The side of the hand (where your little finger is)**

Show me what an L-stance looks like, and which leg has most of the body weight on it? **Most weight on the back leg**

What does UKTKD stand for? **Unite Kingdom Tae Kwon Do**

OTHER MEANING OF WORDS AND MEANING OF APPLICATION OF MOVES

PATTERN

This pattern is an advancement from 4 directional punching as we continue to do low blocks, middle blocks and punching however we now have people attacking us from different angles. The key to this pattern is the following:-

- After every block you punch
- If you find yourself punching with your right hand your next move is to turn 180 degrees to the right.
- If you find yourself punching with your left hand your next move is to turn 90 degrees to the left.

You must be able to show the examiners the difference between a walking stance and L stance. Your punches must be down the centre of your body.

Low block stops a kick

Middle block stops a hooking punch or turning kick

Front Kick
Part of foot you kick with
L Stance
Knife hand strike
Rising block

Sitting Stance
Walking Stance
Ready Stance
Middle Block
Low Block
The colour Yellow means

Ap chagi
Ball of foot Ap Kumchi
Niunja Sagi
Sonkal Taerigi (striking to the neck)
Chookyo makgo (stops a knife attack to the head. Part of the arm used is the outer forearm angled so that the knife slides down the arm.
Annun Sogi
Gunnan Sogi
Narani Sogi
An palmok makgi
Bakat palmok makgi
Earth. Like a plant taking root as the foundation of TaeKwonDo begins