



9th KUP (Yellow-Tag Belt) Theory

GENERAL TERMS - ENGLISH

Pattern
Strike

GENERAL TERMS - KOREAN

TUL
TAERIGI

PARTS OF THE BODY - ENGLISH

Ball of Foot

PARTS OF THE BODY - KOREAN

AP KUMCHI

STANCES - ENGLISH

L-Stance

STANCES - KOREAN

NIUNJA SOGI

DEFENSIVE MOVES - ENGLISH

Rising Block

DEFENSIVE MOVES - KOREAN

CHOOKYO MAKGI

OFFENSIVE MOVES - ENGLISH

Open Fist Strike
High Section Obverse Punch
Front Snap Kick

OFFENSIVE MOVES - KOREAN

PYUN JOOMUK TAERIGI
NOPUNDE BARO JIRUGI
AP CHA BUSIGI

PATTERN

19 MOVES

PATTERN

CHON-JI

SPARRING - ENGLISH

Three Step Sparring Sequences 1 & 2

SPARRING - KOREAN

SAMBO MATSOKI

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What is the meaning of **Chon-Ji**?

- Chon Ji' literally means 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 played by the beginner. This pattern consists of two similar parts, one to represent heaven the other to represent the earth.

Explain **L-Stance**?

- An 'L Stance' is formed by placing the leading foot facing forwards one and a half shoulder widths in front of the rear foot (measured from the toe of the front foot to the outside of the rear foot) which faces to the side creating an L shape with the feet. 70% of the body weight is placed on the rear foot. This enables the practitioner to react quickly with the front foot to any attacking or defending situations.

Explain **Three Step Sparring**?

- Three step sparring is designed for the beginner to practice basic techniques with a partner. It teaches the student many things including:
 1. Correct Stances
 2. Correct Facing
 3. Accurate Blocks
 4. Counter Attacks
 5. Timing
 6. Coordination
 7. Proper Distance
 8. and Forearm Conditioning

All attackers start in left walking stance, low outer forearm block. All defenders start in parallel ready stance.

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Which forearm part is used for a rising block?

- **BAKAT PALMOK** or **Outer Forearm**

Which foot part is used for a front kick?

- **AP KUMCHI** or **Ball of Foot**

What does **Yellow** Signify?

- Yellow signifies the earth from which a plant sprouts and takes root as the Taekwondo foundation is being laid.

What does **Tae** mean?

- To **Jump, Kick** or **Smash** with the **Foot**

What does **Kwon** mean?

- To **Punch** or **Destroy** with the **Hand** or **Fist**

What does **Do** mean?

- **Art, Method, or Way**

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