**9th Kup Yellow Strip Revision Sheet**

**Yellow Belt means:**

Signifies the earth from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.

**Practical:**

Basics from previous Grading’s

Pattern Chon-Ji

Sitting Stance 10 Double Punches

Walking Ready Stance & Front Snap Kick

Walking Stance Double Punch

Walking Stance Low Block & Rising Block

L Stance Middle Block

L Stance Knife Hand Strike

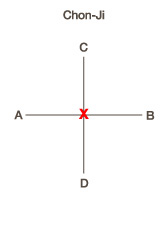
**Chon-Ji:**

Chon-Ji literally means the “Heaven and Earth”. It is in the Orient 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” and the other the “Earth”. 19 moves.



**Terminology:**

Pattern Tul

L Stance Niunja Sogi

Rising Block Chookyo Makgi

Double Punch Ibo Jirugi

Ball of the Foot Ap Kumchi

Foot Sword Balkal

Turning Kick Dollyo Chagi

Side Kick Yop Chagi

Obverse Baro

Reverse Bandae

Step Turn Omgyo Didimyo DolgiKnife Hand Side Strike Sonkal Yop Taerigi