



# Grading Syllabus

9<sup>th</sup> Kup Yellow Tag

To

8<sup>th</sup> Kup Yellow Belt



## Yellow Tag Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

What is a pattern? (Tul) In Taekwon-Do, a pattern consists of various fundamental movements, most of which represent either attack or defensive techniques, against imaginary opponents, set to a fixed or logical sequence.

Why do we perform patterns? To learn sparring techniques, correct facing/posture/stances, focus movements and body shifting. By practicing patterns, we also learn breath control, tone muscles and learn to tense or release muscles at the correct time. It also allows us to practice techniques that are not possible in other areas of training.

Why do we learn the pattern interpretations? Pattern interpretations are derived from people and events in Korean history and show one or more of the tenets to give us inspiration.

### Students must know the following to be eligible to grade

White belt colour meaning: White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

Yellow belt colour meaning: Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Pattern name: Chon-Ji Tul

Pattern Interpretation: Chon-Ji means literally "the Heaven and the 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 played by the beginner. This pattern consists of two similar parts; one to represent the Heaven the other the Earth.

Pattern	Tul
Forearm guarding block	Palmok daebi makgi
Double punch	Doo jirugi
Front snap kick	Ap cha busigi
Back fist front downward strike	Dung jungmuk ap naeryo taerigi
Outer forearm inward block	Bakat palmok anaero makgi
Outer forearm rising block	Bakat palmok chookyo makgi

Eleven	Yolhana
Twelve	Yoldool
Thirteen	Yolset
Fourteen	Yolnet
Fifteen	Yoltasut
Sixteen	Yolyasut
Seventeen	Yolilgop
Eighteen	Yolyodul
Nineteen	Yolahop
Twenty	Samul

## Chon-Ji Tul

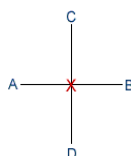
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**Ready stance:** Parallel ready stance

**No of moves:** 19

**No of stances:** 3

**Pattern diagram:**



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

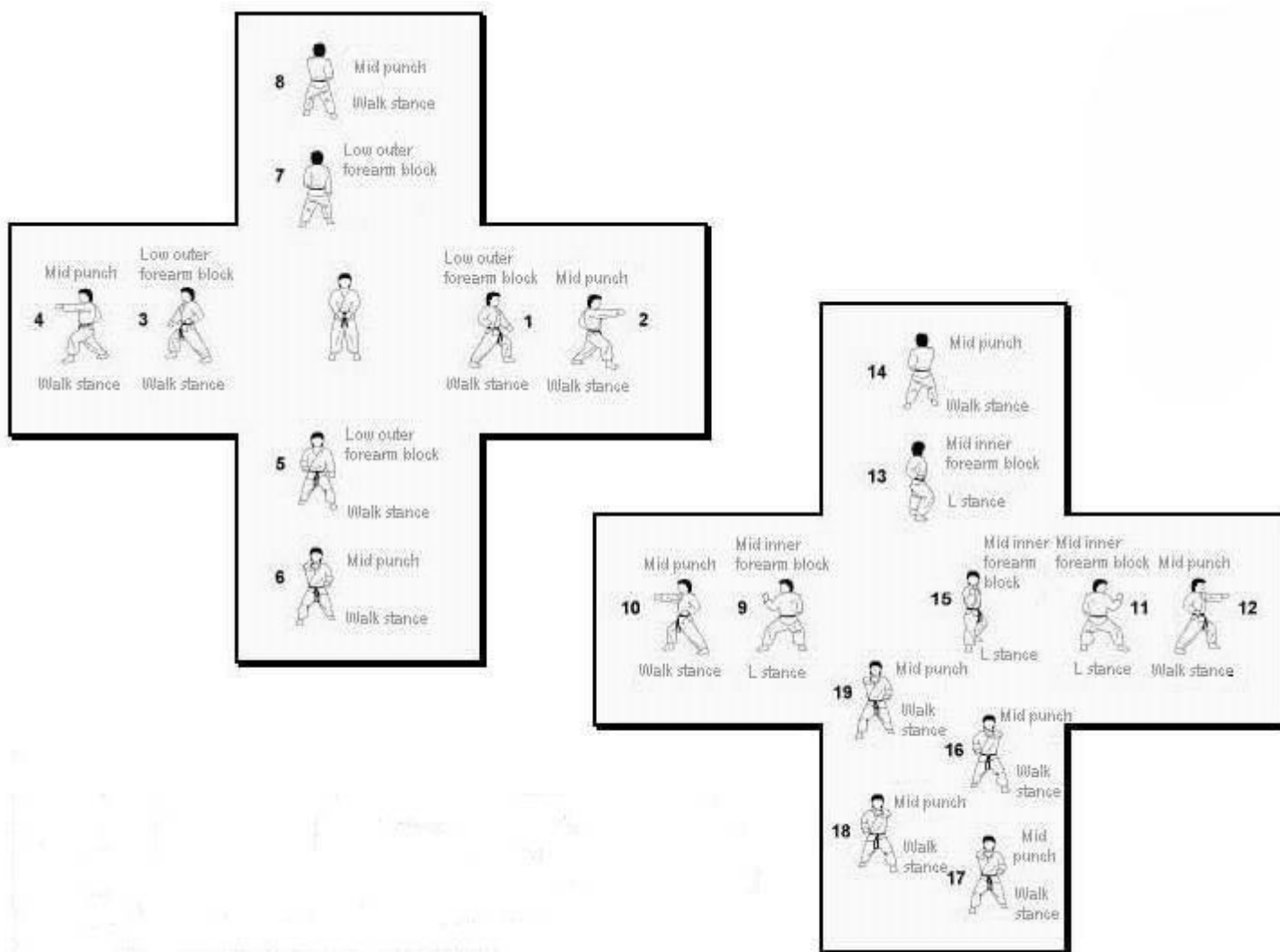
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### Chon-Ji (cont'd)

11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command "baro" is given; at this point the left leg is moved to form a parallel ready stance facing D.

### Chon-Ji Tul – In Pictures



### Three Step Sparring – Sambo Matsoki

- Start:** Both students in attention stance.
- Measure:** The attacker measures a right walking stance with their foot to the outside of their opponent's foot and then returns to attention stance.
- Start Positions:** When the command “Junbi” is given the students move into the following stances:
- Attacker (A) Move right leg back to form a left walking stance, outer forearm low block. The attacker then kihaps to show they are ready (juniors may say “ready to attack”)
- Defender (D) Parallel ready stance. The defender then kihaps to show they are ready (juniors may say “ready to defend”)

#### **The Attack**

All attacks for 3 Step Sparring are all the same

Step 1	Step 2	Step3	Grade
Step forward into right walking stance Obverse middle punch (RH)	Step forward into left walking stance Obverse middle punch (LH)	Step forward into right walking stance Obverse middle punch (RH)	10 <sup>th</sup> Kup – White Belt To 6 <sup>th</sup> Kup – Green Belt

### Three Step Sparring - The Defences

Number	Step 1	Step 2	Step 3	Step 4	Grade
3	Step left leg back into left L-stance Outer forearm inward block (RH)	Step right leg back into right L-stance Outer forearm inward block (LH)	Step left leg back into left L-stance Outer forearm inward block (RH)	Stay in same stance Back fist front strike to attacker's nose (RH)	9 <sup>th</sup> Kup Yellow Tag
4	Step left leg back into left L-stance Middle block (RH)	Step right leg back into right L-stance Middle block (LH)	Step left leg back into left L-stance Middle block (RH)	Step left leg out into sitting stance at 45° to the attacker, at same time extend the blocking arm to the attacker's side just above the belt (measuring) Perform a double punch (L then R) and kihap	9 <sup>th</sup> Kup Yellow Tag

## Grading Check List

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

**All the information relevant to this grading can be found in the grading syllabuses for 10<sup>th</sup> - 9<sup>th</sup> Kup.**

Know everything from the previous grading syllabus/checklist	
Know the meaning of the belt colours detailed in this syllabus	
Know the Korean theory detailed in this syllabus	
There will be a multiple-choice theory test with 5 questions which will be held before the practical grading	
Sitting stance, 10 double punches (counting in Korean)	
Walking ready stance, front snap kick	
15 Press ups	
Walking stance, double punch (obverse then reverse)	
Walking stance, low block, rising block	
L-stance, knife-hand strike	
L-stance, middle block	
4 Directional Punching (Saju Jirugi) – low block, middle punch	
4 Directional Block (Saju Makgi) – low knife-hand block, middle block	
Chon-Ji Tul	
Three step sparring no's 1 - 4	

**To be eligible to grade, you must able to tell one of the instructors or senior Black Belts the meaning of the belt colours shown in the theory section of this syllabus and your pattern interpretation. When you can do this, you will be given a grading slip to complete and return with your grading fees.**