

WARRIOR CODE

TAEKWONDO ACADEMY



YELLOW STRIPE LEVEL

9th Kup

Requirements to move up to the next level:

(please note that these are minimum requirements)

30 Classes of active participation

4 months of consistent training

3-physical stripes

1-knowledge (homework) stripe



STUDY GUIDE

Things to Memorize, Study and Understand

A. The Meaning of Chon-Ji Tul (for people ages 10 & Up)

Chon-Ji means literally "The Heaven, The Earth". It is, in the orient interpreted as the creation of the world, or the beginning of human history; therefore, is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent heaven and the other the earth.

B. The Point Form Version of Chon-Ji (for children 7 to 9)

- means Heaven and Earth
- symbolizes the creation of the world
- also symbolizes beginning of human history
- first pattern of Taekwon-Do
- 2-parts: one for heaven and one for earth

C. The meaning of WHITE BELT (for people ages 10 & up)

White signifies innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.

D. The point form of the meaning of White Belt (for children ages 7 to 9)

- innocence
- beginner
- no knowledge of Taekwon-Do

E. Counting to 10 in Korean

- | | | | | |
|----------|----------|----------|---------|----------|
| 1. Hana | 2. Dool | 3. Set | 4. Net | 5. Dasot |
| 6. Yosot | 7. Ilgop | 8. Yodul | 9. Ahop | 10. Yol |

F. Korean commands to remember (from bowing in and out of class)

- 1) Chang She Ja Nim Kae (facing the founder of Taekwon-Do - General Choi)
- 2) Sa Syong Nim Kae (facing to the Grand Master - 9th Degree)
- 3) Sa Hyun Nim Kae (facing to the Master Instructor / Expert Teaching - 7th or 8th Degree)
- 4) Sa Bum Nim Kae (facing the Instructor / Teacher - 4th to 6th Degree)
- 5) Boo Sa Bum Nim Kae (facing the Teacher's Assistant - 1st to 3rd Degree)
- 6) Shim Sa Kwa Nim Kae (facing to the examiner - when at a Rank Testing)



LOOKING AHEAD...

Things that you can expect moving forward:

(Once you achieve your Yellow Belt)

You will need to purchase SPARRING GEAR

(Head Gear, Mouthguard, Gloves, Shin Guards, Boots and groin guard for boys)



*The head gear, gloves & boots are available in Red, Blue and Black.
Mouthguards are clear and shin guards may vary.*

Please note:

For quality assurance and insurance purposes, we require all members to purchase all their gear through Warrior Code Taekwon-Do Academy.

NEXT...

You will be graduating into the Intermediate Class. This class is for Yellow Belt (8th Kup) to Blue Stripe (5th Kup)

