**White belt - 9th Kup grading syllabus**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☯ **Practical - what you need to do.**

Students need to learn and recall a Tae Kwon-Do syllabus to be able to pass a grading in order to move up the grades. Below is what is expected of the student. The knowledge needs to be maintained for the next grading as the examiner may ask the student to recall any of the previous syllabus also.

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only. Answer examiners with “Sir” or “Ma’am” when spoken to.

Students need to recall all previous grading syllabus, plus:

* Identify yourself (name and grade)
* Sitting stance, double punch (x10)
* Walking ready stance, front snap kick (x10 each leg)
* Walking stance, double punch (usually 4)
* L stance, middle section, inner forearm block (usually 4)
* L stance, knife hand strike (usually 4)
* Walking stance, low block, rising block (usually 4)
* PATTERN Chon-Ji tul.
* At the examiner’s discretion, the student may be asked to perform previous patterns.
* All theory from previous grading plus above needs to be known.

☯ **Theory - what you need to say.**

The Korean language is challenging. We are not teaching students to be fluent in the art of the Korean language but to know technical phrases. The Korean language is ancient and has been influenced by many other cultures and languages, such as Japanese, Chinese and the West. The pronunciation can be challenging for younger students (to say the least) and there are disagreements as to the pronunciation of some words. I would suggest asking a higher-grade student or the instructor as to how to say certain words if you are finding it difficult.

Students need to recall all previous grading syllabus, plus learn the Korean terminology for the new techniques taught, belt colour and patterns.

**Yellow belt -** signifies the earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

**Chon ji – (19 moves)** 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 it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the heaven and the other the Earth.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **General** |  | **Commands** |  | **Parts of the body** |  |
| KickFront snap kickGuarding blockForearm Guarding blockL StanceLeftRightPatternRising blockSideThree step sparringDouble punchObverse PunchKnife hand Strike | ChagiAp Cha BusigiDaebi MakgiPalmok Daebi MakgiNiunja SogiWenOrunTulChookyo MakgiYopSambo MatsokiDoo JirugiBaro JirugiSonkal Taerigi | CountingOneTwoThreeFourFiveSixSevenEightNineTen | HannaDoolSeth (pronounced set)Neth (pronounced net)DasaulYosaulIlgopYodollAhop Yoll | Back fistBall of footFoot sword (little toe edge of foot)HeadKnife handOuter ForearmInner Forearm | Dung JoomukAp KumchiBalkalMoriSonkalBakat PalmokAn Palmok |

Obverse means same side hand as foot that is in front.

**Starting Position:** Parallel ready stance - Narani Chunbi Sogi

The illustrations 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
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

**END:** Bring the left foot back to a ready posture

[**The correct foot must move back to Chunbi**]