

Llangollen Tae Kwon-Do

9th Kup Grading Revision Sheet

Practical

1. Left leg & left hand out into Sitting Stance Double Punch x 10
2. (On the spot) Right leg back Front Snap Kick with low side block x 5 Change legs & repeat.
3. Right leg forward 1st (Then On Spot) Walking Stance Double Punch x 4 Switch legs and repeat.
4. (On Spot) L Stance Middle Inner Forearm Block x 4
5. (On Spot) L Stance KnifeHand Strike x 4
6. Switch legs and repeat 4. & 5. With other leg in front
7. (On Spot) Walking Stance Low Block, Rising Block x 4, Switch legs and repeat
8. Chon-Ji

Theory

Meaning Of Yellow Belt

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

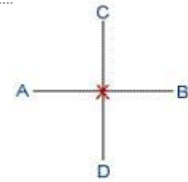
Korean Terms

Back (as in back fist)	Dung
Ball of foot	Ap Kumchi
Footsword	Balkal
Forefist	Ap Jumook
Front snap kick	Ap Chabusigi
Forearm Guarding block	Palmok Daebi makgi
Head	Mori
Kick	Chagi
L Stance	Niunja Sogi
Left	Wen
Outside	Bakat
Pattern	Tul
Press ups	Momtong Bachia
Ready stance	Chumbi sogi
Right	Orun
Rising Block	Chookyoo makgi
Side	Yop
Three step sparring	Sambo matsoki
Walking Stance	Gunnun Sogi

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Chon-Ji

Number of Movements: 19



Meaning of Chon-Ji:

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, 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

Starting Position: Parallel ready stance

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