



ITF 9th Kup White Belt (Yellow Tag) Grading Syllabus

Theory

- 1. What is the meaning of pattern Chon-Ji?** - Chon-Ji literally means “the Heaven the Earth”. It is, in the Orient, interpreted as the creation of the Earth 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 to represent the Earth.
- 2. How many moves in Chon-Ji?** – 19
- 3. What is pattern in Korean?** – Tul
- 4. What is L Stance in Korean?** – Niunja sogi
- 5. What is the weight distribution in L stance?** – (70/30), 70 on the back leg and 30 on the front.
- 6. What is 3 step sparring in Korean?** – Sambo Matsogi
- 7. What is front snap kick in Korean?** – Ap chabusigi
- 8. What part of the foot do we use for front Snap kick and whats it called in Korean?** - Ball of the foot, Ap Kumchi.
- 9. What is rising block in Korean?** – Chookyo Makgi
- 10. What does the colour yellow signify?** – Signifies the Earth, form which the seed is planted and the plant sprouts, takes root and so the Students foundation in Taekwon-Do is being laid.
- 11. When was Taekwon-Do introduced to the United Kingdom and by whom?** – 1967 By Grand Master Rhee Ki Ha (FGMR)
- 12. What is the Korean for double punch?** – Doo Jurugi.
- 13. What is strike in Korean?** – Taerigi.
- 14. What is middle section obverse punch in Korean?** – Kaunde Baro Jurugi.
- 15. What is attention stance in Korean? And demonstrate.** – Charyot sogi.

16. What is an open fist strike in Korean? – Pyun Joomuk Taerigi.

Korean Terms

General Terms		Defensive Moves		Offensive Moves		Parts of the Body	
English	Korean	English	Korean	English	Korean	English	Korean
Pattern	Tul	Rising Block	Chookyo Makgi	Front Snap Kick	Ap Chabusigi	Ball of foot	Ap Kumchi
Strike	Taerigi			Double Punch	Doo Jirugi	Knife hand	Sonkal
				Open Fist Strike	Pyun Joomuk Taerigi	Open hand	Pyun Joomuk

Sparring		Stances	
English	Korean	English	Korean
Three Step Sparring	Sambo Matsoki	L-Stance	Niunja Sogi

DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

CONTACT

e: teignbridge-tkd@hotmail.com

t: 07817 639094

