

Information For 9th Kup Under 13's (Yellow stripes going for Yellow belt)

Technical

Understand and correctly perform all 10th Kup techniques.

Name and demonstrate L-Stance, sitting stance, walking stance, parallel stance & attention stance

Understand and correctly perform the following defensive techniques:

Inside block, Outside Block, Inward Block, Outward Block.

Understand and correctly perform the following offensive techniques:

Front Snap Kick, Obverse Punch followed by Reverse Punch.

Perform pattern Chon-Ji and Sajo Makgi

Theory

Understand all 10th Kup requirements.

Understand the basic commands.

Be able to **point** to your **inner forearm**, **outer forearm** and **knifehand**

Theory Test for 9th Kup Students

1. Describe a Pattern.
2. What is the meaning of the Pattern you have learned and how many moves does it have?
3. This pattern has 2 blocking techniques, name them and the stances they are performed in. (Stance 1st then technique)
4. What does the colour 'Yellow' signify in Taekwon-do?
5. Describe an Inside Block.
6. Describe an Inward block.
7. What are the grades for the following instructor classifications? a) National Instructor b) International Instructor c) Master d) Grandmaster
8. You could also get asked any of the questions from your previous grading (especially any you didn't get asked)

Answers

1. A pattern is a series of offensive and defensive movements against an imaginary opponent
2. Chon ji means 'The heaven and the earth' it has 19 movements.
3. Walking stance low block and L-stance middle block.
4. Yellow signifies the earth in which the plant takes root as the foundations of Taekwon-Do are laid.
5. Blocks to inside of the attacking tool (can be demonstrated)
6. A block that comes from outside towards the inside of the blockers body.(can be demonstrated)
7. a) 1st to 3rd Dan b) 4th to 6th Dan c) 7th and 8th Dan d) 9th Dan