

Information for 9th Kup Students 13+ (Yellow stripes going for yellow belt)

Technical

Understand and correctly perform all 10th Kup techniques.

Name and demonstrate niunja sogi

Understand and correctly perform the following defensive techniques:

Inside block, (an magki) Outside Block (bakat magki), Inward Block (anuro magki), Outward Block (bakuro magki).

Understand and correctly perform the following offensive techniques:

Front Snap Kick (ap cha busigi), Obverse Punch (baro jirugi) followed by Reverse Punch (bandae jirugi)

Perform pattern Chonji and Sajo Makgi

Theory

Understand all 10th Kup requirements.

Know the meaning of the yellow belt colour.

Briefly explain what a 'Pattern' is in Taekwon-do.

Know the meaning of the pattern Chon-ji.

Understand the basic commands.

An palmok – inner forearm

Bakat palmok – outer forearm

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. (*an makgi*)

6. Describe an inward block. (*anuro makgi*)

7. What are the grades for the following instructor classifications? a) National Instructor b) International Instructor c) Master d) Grandmaster

Answers

1. A pattern is a set of fundamental movements, both offensive and defensive, against an imaginary opponent.
2. Chon-ji has 19 movements. It means 'The heaven & the Earth' The 1st part represents the heaven the 2nd part represents the Earth. In the orient it is represents the creation of the world or the start of human history.
3. Walking stance low block and L-stance inner forearm middle block
1. Yellow signifies the earth in which the plant takes root as the foundations of Taekwon-Do are laid.
4. a block to the inside of the attacker
5. a block that moves from outside to inside of the defender
6. National instructor = Boo Sabum - 1st to 3rd Dan , International Instructor = Sabum - 4th to 6th Dan, Master = Sahyun 7th and 8th Dan, Grandmaster = Saseong 9th Dan

Remember you could also get asked any theory from your previous grading too so revise 10th kup theory. A students Handbook is available for £19 inc P&P from your instructor, which covers all coloured belt theory up to black belt, and has pictures and more detailed explanations. It is highly recommended.