



TAEKWON-DO
Schools of Excellence

GRADING SYLLABUS

9TH KUP YELLOW TAG

TO

8TH KUP YELLOW BELT

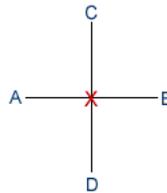
Chon-Ji Tul

Interpretation: Chon-Ji means literally “the Heaven and 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 the other the Earth.

Ready stance: Parallel ready stance

No of moves: 19

Pattern diagram:



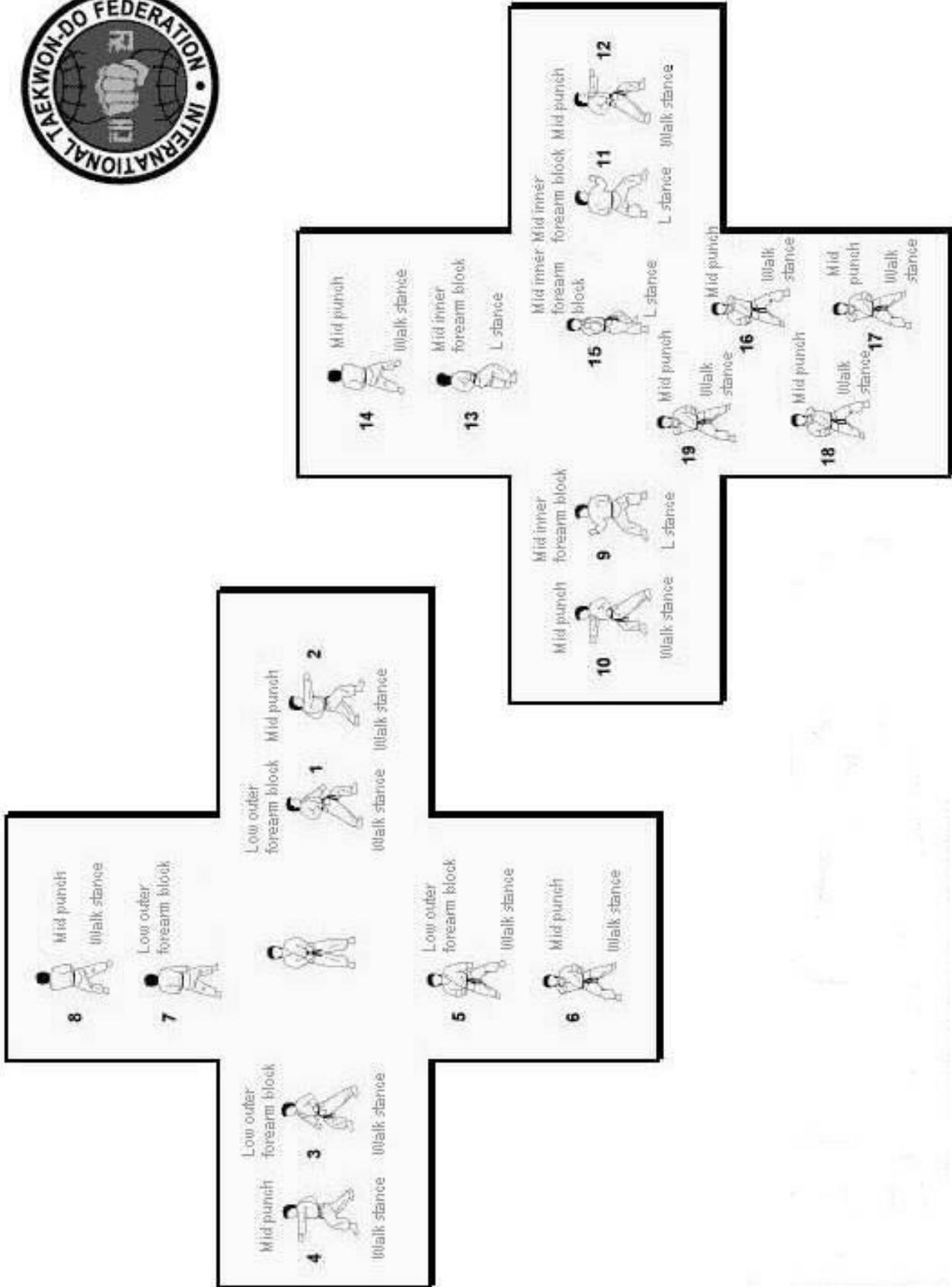
The instructions for this pattern assume that the student is standing on line AB and facing D.

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.

Chon-Ji Tul (cont'd)

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.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form a parallel ready stance facing D.



One Step Basic Sparring - No's 3 & 4

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker – right leg back left walking stance, outer forearm low block with the left arm. Kihap to show that they are ready to begin. Defender - parallel ready stance, kihap to show they are ready to defend.
The Attack	Right leg forward right walking stance, middle section obverse punch

The Defences & Counter Attacks

3. Step the left leg back into a left L-stance, perform a middle section outer forearm inward block with the right arm. Then a back fist front strike to the bridge of the attacker's nose with the right hand.
4. Step the left leg back into a left L-stance, perform a middle section inner forearm outward block with the right hand. Step out with left leg to form a sitting stance at a 45° angle to the opponent. Whilst doing this, extend the blocking arm to the opponent's side just above the belt; perform a double punch and kihap.

For this grading the one step basic sparring will be performed in line without a partner.

Korean Theory Sheet
9th Kup Yellow Tag to 8th Kup Yellow Belt

YOU MUST BE ABLE TO GIVE YOUR BELT COLOUR MEANINGS AND PATTERN INTERPRETATION TO START THE PRE-GRADING ASSESSMENT. (THIS DOES NOT FORM PART OF THE SCORE FOR THIS SECTION)

White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Chon-Ji means literally “the Heaven and 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 the other the Earth.

For the Korean theory part of your grading you must be able to tell the Instructor or senior Black Belt 5 of the moves from the set sparring or pattern or additional information relevant to the grade.

English	Korean	Tick if correct
Pattern	Tul	
Forearm guarding block	Palmok daebi makgi	
Double punch	Doo Jirugi	
Front snap kick	Ap cha busigi	
Back fist front downward strike	Dung jungmuk ap naeryo taerigi	
Outer forearm inward block	Bakat palmok anaero makgi	
Outer forearm rising block	Bakat palmok chookyo makgi	
What is a pattern?		
Why do we perform patterns?		
Why do we learn the interpretations of patterns?		

Student name: _____

Mark out of 5: _____

Assessed by: _____

Date: _____

Grading Check List
9th Kup Yellow Tag to 8th Kup Yellow Belt

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

This form will need to be signed by your instructor and/or a senior Black Belt as well as by the student/parent to confirm that the student is ready to grade.

All of the information relevant to this grading can be found in the grading syllabuses for 10th Kup – 9th Kup.

Know everything from the previous grading syllabus/checklist	
Sitting stance, 10 double punches (counting in Korean)	
Walking ready stance, front snap kick	
15 Press ups	
Walking stance, double punch (obverse then reverse)	
Walking stance, low block, rising block	
L-stance, knife-hand strike	
L-stance, middle block	
4 Directional Punching (Saju Jirugi) – low block, middle punch	
4 Directional Block (Saju Makgi) – low knife-hand block, middle block	
Chon-Ji Tul	
One step basic numbers 1-4 (performed in line)	

Student's name: _____

Date of grading: _____

Email address to receive next syllabus: _____

Pre-grading Assessment

By signing below, both the student (or their parent) and senior Black Belt are confirming that the student is able to demonstrate all of the above to a good standard.

Name of pre-grading assessor: _____

Signed by pre-grading assessor: _____

Signed by student (or parent): _____

Date: _____