



Yellow Stripe / 9th Kup - Theory



White Belt – signifies innocence, as the beginner student has no previous knowledge of TKD

Chon-Ji – literally means "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

19 movements

Stance (Sogi)

L Stance – Niunja Sogi (weight distribution 70% back leg/30% front leg)

Ready stance – Chunbi Sogi

Block (Makgi)

Rising Block – Chookyo Makgi

Guarding block – Daebi Makgi

Low Outer Forearm Block – Najunde Bakat Polmock Magki

Punch (Jirugi)

Double Punch – Doo Jirugi

Reverse Punch – Badae Jirugi

Kick (Chagi)

Front Kick – Ap Chagi

Front Snap kick – Ap Chabusigi

Strike (Taerigi)

Knifehand Strike – Sonkal Taerigi

Knifehand - Sonkal

Forefist – Ap Joomuk

Pattern – Tul

Ball of the foot – Ap kumchi

High section – Nopunde (above the shoulder)

Middle section – Kaunde (Above the belt below the shoulder)

Low section – Najunde (below the belt)

Children under 12 learn all terms for this belt
12+ & Adults – all Korean for this belt and previous belts





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WHAT IS A PATTERN?

A set of fundamental movements, mainly defence and attack, set in a logical sequence against 1 or more imaginary opponents

WHY DO WE PERFORM PATTERNS?

To learn sparring techniques, stances, breath control, muscle toning and to learn when to relax and tense muscles at the correct time. As well as to correct and improve facing and to practice other techniques that are not possible in other areas of training

WHY DO WE LEARN PATTERN MEANINGS?

Pattern interpretations are derived from people and events in Korean history and show one or more of the tenets to give us inspiration

WHY ARE THERE 24 PATTERNS?

The founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the Earth and believed that some people should strive to leave a good spiritual legacy to coming generations. Founder says:

"Here I leave Tae Kwon-do for mankind. As a trace of a man of the late 20th century, the 24 patterns, on day or all of my life"

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