WHITE BELT / YELLOW STRIPE (9TH KUP)

TENETS OF TAE KWON-DO

COURTESY:	To be polite to everyone. You must always be courteous to your Instructors, seniors and fellow students.
INTEGRITY:	To be honest with yourself. You must be able to define the difference between right and wrong.
PERSERVERANCE:	To achieve a goal. Whether a higher grade or a new technique, you should never stop trying.
SELF CONTROL:	To always be in control of your actions. You must be able to live, work and train within your capabilities.
INDOMITABLE SPIRIT:	To show courage when you and your principles of pitted against overwhelming odds. You should do your utmost to never give up

THE FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated in South Korea on 11th April 1955, following extensive research and development by the founder Major General Choi Hong Hi, 9th Degree Black Belt (1918-2002).

Tae Kwon-Do was introduced into the United Kingdom in 1967.

One Martial Arts was founded in 2020.

1. General Terms	
Left	Wen
Right	Orun
Pattern	Tul

2. Parts of the body	
Ball of foot	Ap Kumchi
Foot sword	Balkal
Head	Mori

3. Stances	
L stance	Niunja Sogi

4. Basic Movements	
(a) Defensive	
Rising Block	Chookyo Makgi
Forearm guarding block	Palmok Daebi Makgi
(b) Offensive	
Kick	Chagi
Double punch	Doo Jirugi
Front snap kick	Ap Chabusigi
Knifehand strike	Sonkal Taerigi

5. Pattern (Tul)	
Chon-ji	19 moves
Chon-Ji literally means the heaven and the earth. It is in the Orient interpreted as the creation of the world or the beginning of human history. It is therefore the initial pattern played by the beginner. The pattern consists of two similar parts – one to represent heaven and the other earth.	

Yellow Belt – Signifies earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

Your 9th Kup Grading

Identify yourself

Sitting stance - double punch.

Walking ready stance – front snap kick – twin low block

Walking stance – double punch

L stance – middle inner forearm block reverse middle section punch

L stance – knifehand strike

Walking stance – low block/rising block

Pattern – Chon-ji

Theory – All theory up to this page.

Minimum training time before next grading – 3 months

Student Notes: