

8th GUP YELLOW BELT (Yellow Stripe testing to Yellow Belt)

NEW PATTERNS/EXERCISES:

Chon-Ji

NEW KICKS:

Side piercing kick

Combination kicks

NEW HAND TECHNIQUES:

None

NEW STANCES:

None

STEP SPARRING:

3-step sparring

TOURNAMENT COMPETITION:

Tournament competition is optional for this rank. (But highly recommended)

HO SIN SUL:

One release from a double grab to the lapel

One release from a double grab to the wrist

One joint attack from a double-handed choke

BREAKING:

None at this rank

REQUIRED KNOWLEDGE:

CHON-JI PATTERN INFORMATION:

Chon-Ji means literally "The Heaven The Earth". In the Orient it is 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 represents Heaven and the other represents Earth.

Diagram: "plus" sign



Moves: **19**

THE MEANING OF YELLOW BELT:

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

THE COUNTRY WHERE TAEKWON-DO ORIGINATED:

Korea

THE FATHER OF TAEKWON-DO AND HIS RANK AND TITLE:

General Choi Hong-Hi, 9th Dan Black Belt Grand Master

THE LITERAL TRANSLATION OF TAEKWON-DO:

Tae - Jumping, flying, to kick or smash with the foot

Kwon - Fist, to punch or destroy with the hand or fist

Do – The art or way

Taekwon-Do – The mental training and techniques of unarmed combat for self-defense as well as health.

It involves the skilled application of punches, kicks, blocks, and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

THE BELT RANK SYSTEM:

There are six colors of belts: White, Yellow, Green, Blue, Red, and Black. They are divided into 10 grade levels of colored belts called Gups, with 10th Gup (White Belt) being the lowest and 1st Gup (Red Belt) being the highest. There are 9 degrees of Black Belt with 1st Dan being the lowest and 9th Dan being the highest

CHARACTERISTICS OF A WALKING STANCE (GUNNUN SOGI):

Length: **1.5 shoulder width**

Measured From: Front: **Tip of the big toe**

Rear: **Tip of the big toe**

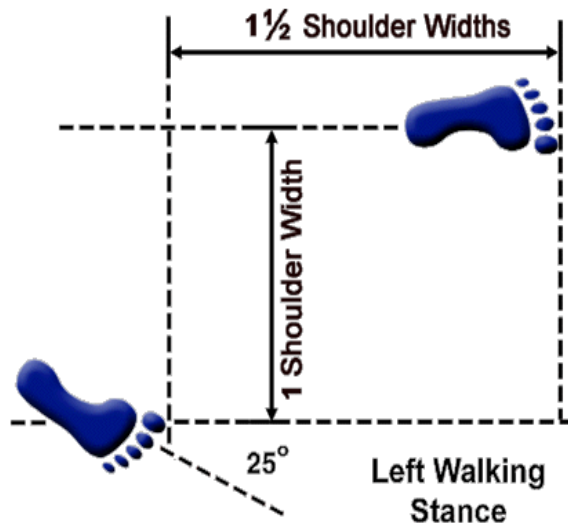
Width: **1.0 shoulder width**

Measured From: Front: **Center of the instep**

Rear: **Center of the instep**

Weight Distribution (F/R): **50%/50%**

Available Facings: **Full, half, or reverse half**



The Walking Stance is one (1) shoulder width wide, measured between the center of the insteps of the feet. It is one-and-a-half (1.5) shoulder widths long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed evenly between the feet. The back leg is straight and locked with the back foot pointed outward up to 25°. The front leg is bent with the knee-cap directly over the heel and the front foot pointed straight forward. The foot muscles of both feet are tensed as if to pull the feet together. This stance is named for the front foot and is performed full or half facing.

CHARACTERISTICS OF AN L-STANCE (NIUNJA SOGI):

Length: **1.5 shoulder width**

Measured From: Front: **Tip of the big toe**

Rear: **Footsword**

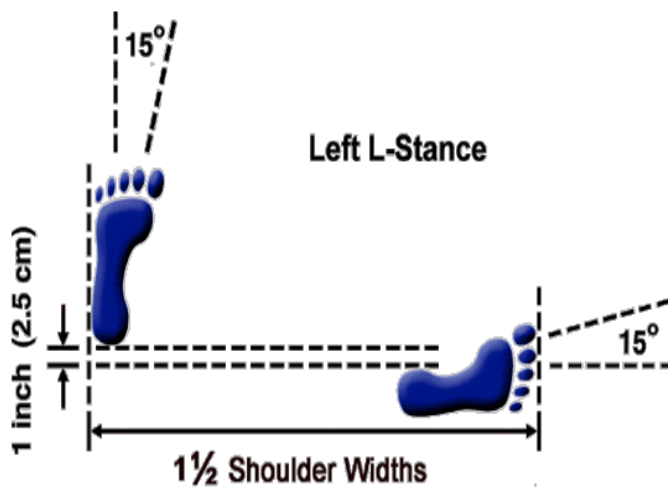
Width: **2.5 cm/1 inch**

Measured From: Front: **Inside heel**

Rear: **Back heel**

Weight Distribution (F/R): **30%/70%**

Available Facings: **Half**



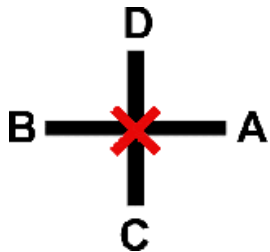
The L-Stance is about 2.5 centimeters (1 inch) wide, measured from the inside heel of the front foot to the back heel of the rear foot. It is approximately one-and-a-half (1.5) shoulder widths long, measured from footsword of the rear foot to the toes of the front foot. The weight is distributed about 70% on the rear foot and 30% on the front foot. The rear leg is bent so that the knee-cap is over the toes of the rear foot and the rear foot is pointed in about 15°. The front leg is bent proportionally, with the front foot pointing in about 15°. The rear hip is aligned with the inner knee joint of the rear knee. This stance is named for the rear foot, and is always performed half facing.

PATTERN CHON-JI

DIAGRAM:

MOVEMENTS: 19

READY POSTURE: Parallel Ready Stance toward D



CHON- JI means literally " 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.

1. Move the left foot to B, forming a left walking stance toward B while executing a low block to B with the left outer 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 fore-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 outer 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 fore-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 outer 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 fore-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 outer 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 fore-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 fore-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 fore-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 fore-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 fore-fist.
 17. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fore-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 fore-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 fore-fist
- END: Bring the left foot back to a ready posture