

9th Kup (Yellow Tag) Theory Work

GENERAL TERMS

Pattern
Strike

TUL
TAERIGI

PARTS OF THE BODY

Ball of Foot

AP KUMCHI

STANCES

L Stance

NIUNJA SOGI

DEFENSIVE MOVES

Rising Block

CHOOKYO MAKGI

OFFENSIVE MOVES

Open Fist Strike
High Section Obverse Punch
Front Snap Kick

PYUN JOOMUK TAERIGI
NOPUNDE BARO JIRUGI
AP CHA BUSIGI

PATTERN

19 MOVES

CHON - JI

SPARRING

THREE STEP SPARRING
SEQUENCES 1 & 2

SAMBO MATSOKI

9TH KUP Questions

What is the meaning of Chon-Ji?

Chon Ji' literally means Heaven and 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 to represent heaven the other to represent the earth

9th Kup (Yellow Tag)

Theory Work Cont.d

Explain L-stance?

An 'L Stance' is formed by placing the leading foot facing forwards one and a half shoulder widths in front of the rear foot (measured from the toe of the front foot to the outside of the rear foot) which faces to the side creating an L shape with the feet. 70% of the body weight is placed on the rear foot. This enables the practitioner to react quickly with the front foot to any attacking or defending situations

Explain three step sparring

Three step sparring is designed for the beginner to practice basic techniques with a partner. It teaches the student many things including

1. correct stances
2. correct facing
3. accurate blocks
4. counter attacks
5. timing
6. co-ordination
7. proper distance
8. and forearm conditioning

All attackers start in left walking stance, low outer forearm block. All defenders start in parrallel ready stance

Which forearm part is used for rising block?

Bakat Palmok or Outer Forearm

Which foot part is used for front kick?

Ap Kumchi or Ball of Foot

What does yellow signify

Yellow signifies the earth from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid

What does Tae mean?

To jump, kick or smash with the foot

What does Kwon mean?

To punch or destroy with the hand or fist

What does Do mean?

Art, method or way