

Yellow Stripe – Yellow Belt



Tip work for Warriors and juniors is as follows:

-  10 Front rising kicks, meaning of Chon Ji, 10 press up's
-   L stance middle block, How many moves in Chon Ji? Walking stance rising block
-    Axe kicks on a pad, sitting stance double punch
-     1st half of Chon Ji, 1 step sparring (juniors only), Inner forearm block in Korean
-      Chon Ji, 1-4-1 kicking, outer forearm in Korean.

The grading will be as follows:

1. Presentation and etiquette
2. L Stance middle inner forearm block
3. Walking stance rising block
4. Sitting stance double punch
5. Axe Kick
6. Chon Ji
7. 1 Step sparring (juniors only) – Number 2: knife hand block palm heel strike
8. 1-4-1 any kick
9. 1-4-1 Axe kick
10. Questions

The following questions will need to be learned before progressing.

- **Meaning of 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 Heaven and the other Earth. (*Younger children just heaven and Earth is sufficient*).
- **How many moves in Chon Ji?** 19
- **What is the Korean for inner and outer forearm?** Inner – An Palmok Outer – Bakat Palmok
- **What does the colour yellow mean?** Yellow signifies Earth from which a plant sprouts and takes root as the Taekwon-Do foundations are laid.
- **Where and what are the 3 sections of the body?** High – Napande (head to shoulders) Middle – Kaundae (shoulders to waist) Low – Najunde (waist to feet)
- **What is the Korean for the following?**
Stance - Sogi
Block – Makgi
Kick - Chagi