



**HF MARTIAL ARTS**

# **GRADING SYLLABUS**

**9<sup>TH</sup> KUP YELLOW TAG**

**TO**

**8<sup>TH</sup> KUP YELLOW BELT**

## Chon-Ji Tul

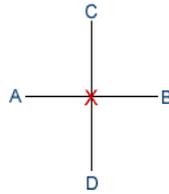
**Interpretation:** Chon-Ji means literally “the Heaven and the Earth”. It is, in the Orient interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven the other the Earth.

**Ready stance:** Parallel ready stance

**No of moves:** 19

**No of stances:** 3

**Pattern diagram:**



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left 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 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 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 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 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 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 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 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 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 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 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.

### **Chon-Ji Tul (cont'd)**

16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left 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 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 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 fist.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form a parallel ready stance facing D.



### Three Step Sparring - No's 3 & 4

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	<b>Attacker</b> – right leg back left walking stance, outer forearm low block with the left arm. Kihap to show that they are ready to begin. <b>Defender</b> - parallel ready stance, kihap to show they are ready to defend.
The Attack	Right leg forward right walking stance, middle section obverse punch. Left leg forward left walking stance, middle section obverse punch. Right leg forward right walking stance, middle section obverse punch.

### The Defences & Counter Attacks

#### Number 3

1. Step the left leg back into an L-stance, perform an inward block with the right arm.
2. Step the right leg back into an L-stance, perform an inward block with the left arm.
3. Step the left leg back into an L-stance, perform an inward block with the right arm. Remaining in L-stance, pull the right arm back underneath the left hand, then perform a backfist downward strike, targeting an opponent's nose.

#### Number 4

1. Step the left leg back into an L-stance, perform a middle block with the right arm.
2. Step the right leg back into an L-stance, perform a middle block with the left arm.
3. Step the left leg back into an L-stance, perform a middle block with the right arm. Pivot on the right foot to the left side, performing a double punch in sitting stance to an opponent's side.

For this grading three step sparring will be performed in line without a partner.

## **Yellow Tag Theory & Terminology**

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

As a yellow tag, you will learn the first of 24 patterns, Chon-Ji Tul. The 24 patterns of Taekwon-Do represent the 24 hours of a day, a small passage of time when compared to eternity, but the whole life of dedication to Taekwon-Do by the founder General Choi Hong Hi.

### **What is a pattern? (Tul)**

In Taekwon-Do, a pattern consists of various fundamental movements, most of which represent either attack or defensive techniques, against imaginary opponents, set to a fixed or logical sequence.

### **Why do we perform patterns?**

To learn sparring techniques, correct facing/posture/stances, focus movements and body shifting. By practicing patterns we also learn breath control, tone muscles and learn to tense or release muscles at the correct time. It also allows us to practice techniques that are not possible in other areas of training.

### **Why do we learn the interpretations of patterns?**

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

White belt colour meaning:

White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

Yellow belt colour meaning:

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

Pattern:

Chon-Ji Tul

Chon-Ji means literally "the Heaven and 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 the other the Earth.

## Yellow Tag Theory & Terminology (cont'd)

Pattern	Tul
Forearm guarding block	Palmok daebi makgi
Low block	Najunde makgi
Middle block	Kaunde makgi
Rising block	Chookyo makgi
Inwards block	Anaero makgi
Front snapping kick	Ap cha busigi
Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi
Double punch	Doo jirugi
Walking stance	Gunnun sogi
Ready stance	Junbi sogi
L-stance	Niunja sogi
Sitting stance	Annun sogi
Eleven	Yolhana
Twelve	Yoldool
Thirteen	Yolset
Fourteen	Yolnet
Fifteen	Yoltasut
Sixteen	Yolyasut
Seventeen	Yolilgop
Eighteen	Yolyodul
Nineteen	Yolahop
Twenty	Samul

## Grading Check List 9<sup>th</sup> Kup Yellow Tag to 8<sup>th</sup> Kup Yellow Belt

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

Know everything from the previous grading syllabus/checklist	
Sitting stance, 10 single punches (counting in Korean)	
Sitting stance, 10 double punches (counting in Korean)	
Walking ready stance, front snap kick	
15 Press ups	
Walking stance, double punch (obverse then reverse)	
Walking stance, low block, rising block	
L-stance, knife-hand strike	
L-stance, middle block	
L-stance, inwards block	
4 Directional Punching (Saju Jirugi) – low block, middle punch	
4 Directional Block (Saju Makgi) – low knife-hand block, middle block	
Chon-Ji Tul	
Three step sparring numbers 3 & 4 (performed in line)	



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