

# BRIDGNORTH TAE KWON-DO



## Required Theory: 9<sup>th</sup> Kup: Yellow Stripe to Yellow Belt

*(Korean terms are in brackets and italics).*

### Significance of Colours on Belts

YELLOW signifies the earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

### Movements

- Walking stance: (*Gunnun sogi*)
- L-stance: (*Niunja sogi*)
- Lower outer forearm block: (*Najunde bakat palmok makgi*)
- Middle inner forearm block: (*Kaunde ann palmok makgi*)
- Middle obverse punch: (*Kaunde baro jirugi*)
- Left: (*Wen*)
- Right: (*Orun*)
- Pattern: (*Tul*)
- Reverse punch: (*Bandae jirugi*)
- Double punch: (*Doo ap joomuk jirugi*)
- Ball of foot: (*Ap kumchi*)
- Foot-sword: (*Balkal*)
- Turn: (*Dwiyo torro*)
- Rising block: (*Chookyo makgi*)
- Guarding block: (*Daebi makgi*)
- Front snap kick: (*Ap-cha busigi*)
- Side kick: (*Yop chagi*)
- Turning kick: (*Dollyo chagi*)
- Three-step sparring: (*Sambo matsoki*)

### Pattern Meaning

Chon Ji Tul literally translated means heaven and earth. In the orient, it is seen as the beginning of human history or creation. It is therefore the initial pattern learnt by the beginner. It consists of two similar but separate parts representing heaven and earth.

*\*\*\* The GTI Handbook contains more detailed theory information and is available to purchase.*

*The examiner may ask any question, not limited to those on this sheet.*

*You must ALWAYS revise theory from previous belts.\*\*\**