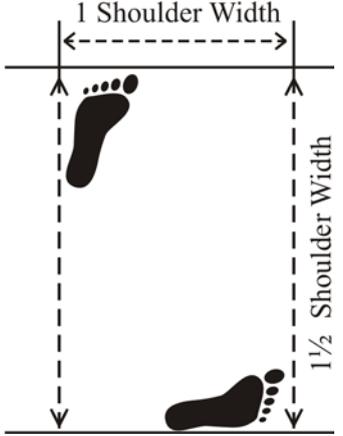


9TH KUP GRADING REQUIREMENTS

Physical Performance:	
Pattern	Chon-Ji Pattern (Tul) <i>Calling the name on completion of last movement</i>
Punching	Moving the left foot into a sitting stance and extending the left fist. 10 double punches one sine wave (counting). Then 2 punches, two sine wave, one count.
Push Ups	20 Push-ups using forefist (counting 1 – 20) using terminology. <i>Women and under 16's using palms.</i>
Combination Movements Forward	Front snap kick from walking ready stance (target should be central to the body not higher than solar plexus) finishing in walking stance double side block (4 times counting).
Combination Movements Backward	Moving backwards in walking stance with middle section inner forearm outward block followed by middle section reverse punch using knee spring on second technique (4 times counting).

Theory:	
1	Meaning of the colour yellow: Signifies earth, from which a plant sprouts and takes roots as Taekwon-Do foundation is laid.
2	First pattern: Chon-Ji 19 movements. (Note There are 24 patterns in Taekwon-Do). Meaning: 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. It is therefore, the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the heaven and the other to represent the earth.
3	Definition of the word 'Pattern' (Tul) A <u>Tul</u> is a series of blocks and counter-attacks against one or more imaginary opponents.
4	Ready posture (Junbi Jase) for Chon-Ji: Narani Junbi Sogi.
5	Terminology for: Front snap kick Ap Cha Busigi (<i>Using Ball of Foot</i>) Ball of foot: Apkumchi.
6	2 Blocks used in Chon-Ji: Low Section outer forearm block: Najunde Bakat Palmok Makgi Middle Section inner forearm block: Kaunde An Palmok Makgi.

Theory: (Continued)

7	<p>New Stance: Niunja Sogi ('L' Stance)</p> <p>Length: 1½ shoulders wide. (Measurement is taken from the tip of the big toe of the front foot to the fotsword of the rear foot.)</p> <p>Width: 1 shoulder wide. (Measurement is take from the footsword of the leading foot to the tip of the big toe of the rear foot which is at right angles to the front.)</p> <p>Confirm position of feet with instructor.</p> <p>Weight: 30% WEIGHT is distributed on the front leg. 70% WEIGHT is distributed on the rear leg.</p> <p>Toes of both feet turned 15° inwards. Knee of front leg is bent and points forwards, but is behind the vertical line. Knee of rear leg is bent vertically above the toes and is at right angles to the front leg. Soles of both feet are flat on the ground. Rear leg indicates as to whether it is a right or left 'L' stance.</p>										
8	<p>Must be able to describe and demonstrate <u>all movements</u> in Chon-Ji. e.g. 1st Movement: Wen Gunnun So, Najunde Bakat Palmok Makgi. 9th Movement: Orun Niunja So, Kaunde An Palmok Makgi.</p>										
9	<p>3 sections of the body:</p> <table border="0"> <tr> <td>High:</td> <td>Middle:</td> <td>Low:</td> </tr> <tr> <td>Nopunde</td> <td>Kaunde</td> <td>Najunde</td> </tr> <tr> <td>(above shoulder)</td> <td>(shoulder to waist)</td> <td>(below waist)</td> </tr> </table>		High:	Middle:	Low:	Nopunde	Kaunde	Najunde	(above shoulder)	(shoulder to waist)	(below waist)
High:	Middle:	Low:									
Nopunde	Kaunde	Najunde									
(above shoulder)	(shoulder to waist)	(below waist)									
10	<p>Inward Block: Anuro Makgi <i>Any block that travels towards the users body.</i></p> <p>Outward Block: Bakuro Makgi <i>Any block that travels away from the users body.</i></p>										