

Applicable to Yellow Stripes
In Addition to ALL Theory from previous belt levels



New Stance :

L-Stance : Niunja Sogi

Interpretation of Chon-Ji (19 movements):

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

Defensive Techniques

Inside Block : An Makgi

Outside Block : Bakat Makgi

Inward Block : Annuro Makgi

Outward Block : Bakuro Makgi

Miscellaneous:

Wen : Left

Orun : Right

Tul : Pattern

Duro Duro : About Turn

Sambo Matsogi : 3 step sparring

L-Stance:

Length is one and a half shoulder width from big toe of front foot to foot-sword of back foot; 2.5 centimetres in width from heel to heel; both feet turned in by 15 degrees; bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally; back leg is the primary leg; 70% of weight on the back leg

Meaning of Yellow Belt:

Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-do skills begin to develop.

Pattern Chon-Ji:

The following points should be remembered.

1. Walking Stance Forearm Low Block (Gunnun So Palmok Najunde Makgi): The forearm reaches the same level as the lower abdomen of the defender. The body becomes half-facing the opponent.
2. Walking Stance Middle Front Punch (Gunnun So Kaunde Ap Jirugi): The fist forms a vertical line with the toes. The fist reached the same level as the shoulder of the attacker. The fist is brought to the centre of the attackers body.
3. L-stance Inner Forearm Middle Block (Niunja So An Palmok Kaunde Makgi): The fist reaches the same level as the shoulder of the defender. The body is half facing. The fist forms a triangle with the shoulders.