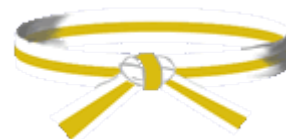




9TH KUP



YOU MUST KNOW EVERY THING FOR 10TH KUP ALSO.
DO NOT FORGET WHAT YOU'VE ALREADY LEARNT!

PATTERN: CHON- JI

Number of moves: 19

Interpretation: Chon-Ji literally means “Heaven and Earth”.

In the orient it is interpreted as the creation of the world or the beginning of human history. Therefore it is the initial pattern played by the beginner. The pattern consists of 2 similar parts- one to represent Heaven and the other the Earth.

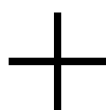


Diagram:

GENERAL QUESTIONS:

What is a pattern? A pattern is a set of fundamental movements, mainly in attack and defence, set in a logical sequence against one or more imaginary opponents

What does the colour yellow signify? Yellow signifies the earth from which the plant sprouts and takes root as the foundations of Tae Kwon-Do are laid.

KOREAN:

Pattern.....	Tul
L stance.....	Niunja Sogi
Forearm.....	Palmok
Forearm guarding block.....	Palmok Daebi Magki
Knifehand.....	Sonkal
Knifehand strike.....	Sonkal Taerigi
Rising block.....	Chookyo Makgi
Double punch.....	Doo Jirugi
Front Kick.....	Ap Chagi
Front Snap Kick.....	Ap Chabusigi
Name 2 and demonstrate 2 hand techniques that use Bakat Palmok (outer forearm)..... either	Chookyo Magki (rising block)
.....	Najunde Magki (low block)
.....	Palmok Daebi Makgi (guarding block)
Ball of the foot.....	Ap Kumchi
Forefist.....	Ap Joomuk
About turn.....	Dwiyro Torro