



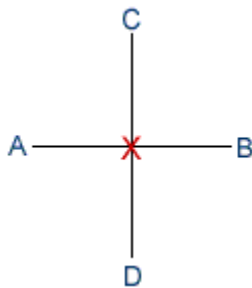
Taekwon-Do Theory for Yellow Tags (9th Kup)

Please take the time to learn the following information for your grading.

1. How many movements in Pattern Chon-Ji?

19

2. What is the diagram of Pattern Chon-Ji?



3. What does Yellow belt signify?

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

4. What is the meaning of pattern Chon-Ji?

Chon-Ji literally means 'the Heaven and Earth'. In the Orient it is interpreted as the creation of the world or the beginning of human history. This pattern is played by the beginner and has two similar parts, one to represent the Heaven and the other the Earth.

5. Korean words:

Stances:

Walking Stance	Gunnun Sogi
L Stance	Nuinja Sogi
Sitting Stance	Annun Sogi
Parallel Ready Stance	Narani Junbi Sogi
Attention Stance	Charyot Sogi

Blocks:

Low Block	Najunde Makgi
Middle Block	Kaunde Makgi
Middle Punch	Kaunde Jirugi
Four Direction Punch	Saju Jirugi
Four Direction Block	Saju Makgi