

## Promotion to Yellow Belt – 8<sup>th</sup> Kup

- **Warm Up**  
Sprint on the spot  
20 press ups  
20 sit ups  
20 jumping jacks  
Sitting stance single & double punches
- **Traditional Line Work**  
Walking stance - obverse punch (forward/backward)  
Walking stance - obverse low block (forward, backward).  
Walking stance - obverse Inner forearm middle block, reverse punch  
Front snap kick (back leg) - forearm guard in L stance
- **Patterns**  
*Chon Ji*
- **Freestyle Line Work**  
Double punch  
Double punch - front kick  
Double punch - turning kick
- **Sparring Skills & Set Sparring**  
Three step semi-free sparring (good variety of kicks)
- **Bag Work**  
Turning kicks (back leg)
- **Pad Drills**  
Pad drill 1 (right & left side)
- **Self Defence**  
Single hand grab to lapel
- **Theory**  
All theory to be learnt on the reverse of this document

# PROMOTION TO YELLOW BELT

1. **What is the meaning of yellow belt?**  
*Please see below.*
2. **What are the 5 tenets of Tae Kwon Do?**  
*Please see below.*
3. **How many movements are there in pattern Chon Ji and what is its meaning?**  
*Please see below.*

## MEANING OF BELT COLOURS

YELLOW: Signifies earth from which a plant sprouts and takes root as Tae Kwon Do foundations are being laid.

## 5 TENETS OF TAE KWON DO (Aims to Achieve)

Courtesy  
Integrity  
Perseverance  
Self Control  
Indomitable Spirit

## Chon-Ji (19 Movements)

Literally means Heaven and 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.

The low block represents the Earth and the middle block represents the heaven.

To be learnt when you are a yellow stripe, 9<sup>th</sup> Kup.