

PROMOTION TO YELLOW BELT (8TH KUP)

Warm Up

- Spot sprints
- 15 press ups
- 15 sit ups
- 15 jumping jacks
- 10 squat thrusts

Traditional Line Work

- Walking stance – obverse punch
- Walking stance – obverse low block
- L-Stance – obverse inner forearm middle block
- Front snap kick (back leg) – obverse, reverse punch in walking stance

Patterns

- Chon-Ji

Freestyle Line Work

- Double punch
- Double punch – front kick
- Double punch – turning kick

Set Sparring

- Three step semi-free sparring (front-turning-front kick)

Self Defence

- Single hand grab to lapel

Pad Drills

- 1 (right & left side)

Kicking Technique

- Turning kicks (back leg)

Theory

- All theory to be learnt on the reverse of this document

PROMOTION TO YELLOW BELT (8TH KUP)

- 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.
- 4. Where is Tae Kwon Do from?**
Tae Kwon Do is from Korea.
- 5. What part of the hand do you use when performing a straight punch?**
The two inner knuckles.

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, 9th Kup.