

Promotion to Yellow Belt – 8th Kup

- **Warm up**
 - Sprint on the spot
 - 20 press ups
 - 20 sit ups
 - 20 jump jacks
 - Sitting stance - single punch
 - Sitting stance - double punch
 - Sitting stance - triple punch
- **Traditional line work**
 - Walking stance - obverse punch (forward/backward)
 - Walking stance - obverse low block (forward, backward).
 - Walking stance - obverse Inner forearm middle block (forward, backward)
 - Walking stance - obverse Inner forearm middle block, reverse punch
 - Front snap kick (back leg) - forearm guard in L stance
 - Turning kick (back leg) – knife hand strike in L stance
 - Side kick (back leg) – backfist strike in L stance
- **Patterns *Chon Ji***
- **Freestyle line work**
 - Double punch
 - Double punch - front snap kick (back leg)
 - Double punch - turning kick (back leg)
 - Double punch - side kick (back leg)
 - Back fist – reverse punch, rear leg turning kick
 - Double lead leg side kick
- **Sparring skills & set sparring**
 - Three step semi free sparring (good variety of kicks) - hand counter attacks
 - Three step sparring numbers 1 & 2
- **Bag Work**
 - Turning kicks (back leg)
- **Pad drills**
 - Pad drill 1 – right and left side
- **Self defence**
 - Hook punch
 - Single hand grab to lapel
 - All previous self defence techniques to be included
- **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, 9th Kup.