



## Promotion to Yellow Belt – 8<sup>th</sup> 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**  
Bag work – turning kicks (back leg) 10 each 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 part of the foot do you use when performing a side kick?**  
*The foot sword (Balkal) (the outer edge of the foot – from the little toe to the heel).*
- 3. What does a rising block defend against?**  
*An axe, crescent kick or overhead blunt weapon attack.*
- 4. What is the weight distribution in your legs, when performing an 'L' stance?**  
*70% on the rear standing leg and 30% on the lead leg.*
- 5. Explain the relevance of the weight distribution when performing an 'L' stance?**  
*When being attacked with a sweeping technique, you are able to lift your lead leg comfortably, without losing balance or falling over, thus avoiding the sweep.*
- 6. What is the meaning of yellow belt?**  
*Please see below.*
- 7. What are the 5 tenets of Tae Kwon Do?**  
*Please see below.*
- 8. How many movements are there in pattern Chon Ji and what is its meaning?**  
*Please see below.*
- 9. What part of the hand do you use when performing a straight punch?**  
*The knuckles of your index and middle finger*

### 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

### BASIC COMMANDS:

Cheryot - Attention  
Kyon ye - Bow  
Chunbi - Ready

### 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.