**GRADING INFORMATION 9th Kup Yellow Belt**

**Practical.**

When yourname is called out, shout “here Sir”, and walk to the Dot. Stand still with hands held behind back.

Attention and bow. Give your name, followed by grade (9th Kup Sir)

Step to the left into sitting stance measure with a single punch, 5 times Double punch

Step back with right leg into walking ready stance, low block

Stepping forwards in walking stance, Double middle punch

Stepping backwards in walking stance, Low Block, Rising Block

Stepping forwards in walking stance, Front Kick low outer forearm block

L-Stance, Knife-hand Strike. L-Stance, Middle Block

Pattern – Chon-Ji Attention bow, and leave the floor.

The most important thing at grading is to **LISTEN to instructions**; they may be done in any order. Everyone makes mistakes, it’s how you deal with them that counts!

**Theory required**

Questions from the theory below and also any previous grading theory will be asked by the Black Belts on the night as usual.

**Interpretation of pattern Chon Ji**

Chon Ji, 19 movement pattern, means literally “the Heaven the Earth”. In the orient it is interpreted as the creation of the world or the beginning of human history, it is therefore the initial pattern performed by the beginner. The pattern consists of two similar parts, one to represent the Heaven, and the other the Earth.

**Meaning of Yellow belt** –

Yellow Belt signifies the Earth from which a plant sprouts and takes root, as the foundations of Tae Kwon Do are being laid.

**Korean Terminology required**:

L-stance Niunja sogi Front kick Ap chagi

Walking ready stance Gunnun junbi sogi Double punch Doo jirugi

Forearm rising block Palmok chookyo makgi Reverse punch Bandae jirugi

Obverse punch Baro jirugi

Instructor - Sabum Student - Jeja

One - Hanna, Two - Dool Three - Seth Four - Neth

High - Nopunde Middle - Kaunde Low - Najunde